

Manhattan Dermatology, PLLC

Wendy Long Mitchell, MD

36A East 36th Street, Ste. 202

New York, NY 10016

Telephone (212) 683-6073

Preparation for your Fraxel Dual 1550/1927 or Clear + Brilliant laser treatments

Please avoid the following 2 weeks prior to treatment:

(You will be avoiding the following for 2 weeks after the treatment, as well.)

Prescription retinoids:

- Retin-A™ (tretinoin)
- Tazorac™ (tazarotene)
- Atralin™ (tretinoin)
- Differin™ (adapalene)
- Epiduo™ (adapalene/benzoyl peroxide)
- Tretin-X™ (tretinoin)
- Ziana™ (tretinoin/clindamycin)
- Avage™ (tazarotene)

Products containing:

- Retinol/retinoic acid
- Glycolic acid
- Salicylic acid
- Alpha-hydroxy acid
- Ascorbic acid (vitamin c)
- Benzoyl peroxide

Tanning bed use or excessive sun exposure.

(We will not be able to perform the treatment if your skin is tan.)

Laser or cosmetic light treatments (i.e. IPL, hair removal, etc.)

Waxing, threading and electrolysis

Abrasive scrubs or brush cleansing tools

Microdermabrasion treatments or facials

Please purchase the following for post-procedure care:

- CeraVe™ Hydrating Facial Cleanser, Cerave™ Moisturizing Cream, Cetaphil™ Daily Facial Cleanser, Eucerin™ Advance Repair Cream, or La Roche-Posay™ Toleriane Double Repair Face Moisturizer, La Roche-Posay™ Toleriane Gentle Hydrating Facial Cleanser
- Sunscreens with SPF 30 or higher (i.e., Neutrogena™ Healthy Defense Broad Spectrum SPf 50, Olay™ Complete Defense Daily UV Moisturizer, Elta MD™ UV Daily Broad-Spectrum SPF 40, La Roche-Posay™ Antihelios Melt-in Milk Sunscreen for Face and Body SPF 60 or 100)

THERE IS A \$500 FEE FOR CANCELLING/RESCHEDULING A FRAXEL OR CLEAR + BRILLIANT LASER APPOINTMENT LESS THAN ONE WEEK PRIOR TO APPOINTMENT (UNLESS IT'S AN EMERGENCY THAT YOU DISCUSS WITH YOUR DOCTOR).

PLEASE ARRIVE ONE AND HALF HOURS (90 MIN) PRIOR TO YOUR APPOINTMENT TIME FOR NUMBING CREAM APPLICATION.