

Fraxel® DUAL 1550/1927 Laser Patient Post Care Instructions

Manhattan Dermatology, PLLC
36A East 36th Street, Ste. 202
New York, NY 10016

Today you had a Fraxel DUAL 1550/1927 laser treatment

Your treatment was performed by: _____ . For problems or questions, call: _____ .

What to Expect After Treatment

Fraxel® Laser Treatment produces side effects. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude, while others receiving more aggressive treatments may experience side effects of less-than-expected magnitude. Notify your physician if the severity of your side effects becomes a problem for you.

What you may feel and look like:

- Immediately after the treatment, you will experience **redness**, **swelling** and sometimes **pinpoint bleeding**. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling do the following:
 - Apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed.
 - Sleep elevated the first night. Use as many pillows as you can tolerate.
- **Heat sensation** can be intense, if you received a 1550nm treatment for 2 – 3 hours after the treatment. Occasionally **oozing** can occur in isolated areas for a few days as well. Normally, after a 1927nm treatment the sensation of heat is milder and resolves more quickly.
- Over the next few days, redness may worsen. Swelling may be significant and cause some discomfort. The worst swelling is usually the morning after the treatment. Then, the skin will start to look “bronzed.”
- Some patients have also experienced **itching**.
- You may also notice that your skin appears bronzed or **little dark dots** will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- This dead skin is a normal result of laser treatment, and should start **sloughing** off 3 – 4 days after the treatment. Most patients complete this process 5 – 7 days after a treatment on the face. (On off-face areas, such as neck/chest/hands/arms, where healing is slower, the process may take up to 2 weeks.)
- Once the sloughing is complete, you may notice some **pinkness** over the next few weeks. Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply makeup to minimize the redness.

How to Care for Your Skin After Treatment

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Fraxel® DUAL 1550/1927 laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

Post-treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

- Immediately After Treatment:** A sunscreen will be applied to the treated area. Once at home you need to use a bland moisturizer with sunscreen (i.e. Cetaphil® or CeraVe®). Use petrolatum ointment or Aquaphor® to cover any area with oozing or crusting. Use of icepacks helps alleviate the heat sensation. You may also cleanse your face with a mild cleanser.
- Sunscreen.** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).
- First Week:** Continue gentle cleansing and consistent moisturizing, reapplying whenever your skin feels dry until sloughing of the skin is complete. Once the sloughing starts, please allow your skin to heal and **DO NOT scrub, scratch, rub, or exfoliate**. Keep clothing away from treated body parts as much as possible to avoid irritation. Avoid smoking and exposure to sun.
- Moisturizer:** Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Instead of using 2 separate products, use moisturizers that contain SPF30+ (ie Neutrogena Healthy Defense, Cerave AM, Olay Complete Defense
- Skin Care Products.** All of your skin care products should be non-irritating and non-clogging for two weeks after a Fraxel treatment. Examples of brands that offer very gentle and inexpensive products that are ideal to use: CeraVe® and Cetaphil®.
- Avoid all the following products for 2 weeks after treatment:**
Prescription retinoids:
 - Retin-A® (tretinoin)
 - Tazorac®
 - Atralin®
 - Differin® (adapalene)
 - Epiduo®
 - Tretin-X®
 - Ziana®Products containing:
 - Retinol/retinoic acid
 - Glycolic acid
 - Salicylic acid
 - Alpha-hydroxy acid
 - Ascorbic acid (vitamin C)
 - Benzoyl peroxide

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- Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you.
- Bleaching Creams.** If applicable: Restart your bleaching cream on: _____
- Cold Sores.** If you have a history of cold sores, ask your doctor about care!
- Abnormal Healing.** If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us as soon as possible.
- Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact the office at 212-689-9587.
- Other Instructions:** _____

I was instructed on the above post Fraxel® laser treatment post-care and a copy was given to me.

Name _____ Signature _____ Date _____