

## **BEFORE YOUR APPOINTMENT**

- Avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment
- Avoid alcohol, aspirin, vitamin E products, and retinol and glycolic acid products for one week prior to your treatment.
- Inform the Center if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Inform the Center if you have taken Accutane (oral acne medication) in the past year. Fraxel can cause you to breakout, please advise us if you are prone to acne.
- If the doctor has given you a prescription for Valtrex, start your prescription the day before your treatment. Take 1 pill, twice a day for 7 days.
- Store ice packs in your freezer for use after your procedure.
- Take Benedryl ®50mg at bedtime the night prior to your appointment to reduce swelling. This is optional.
- Clean your bathroom and put clean linens on your bed before your appointment to reduce the risk of infection.

## **THE DAY OF YOUR APPOINTMENT**

- Eat a meal at least 2 hours prior to your appointment.
- Wear comfortable clothing as you will be in the office for approximately 2 hours.
- Avoid wearing contact lenses to your appointment.
- Arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
- Payment will be collected prior to your treatment.
- You may wish to bring a book or personal entertainment device with you.

## **WHAT TO DO AFTER YOUR TREATMENT WHAT TO EXPECT AFTER YOUR TREATMENT**

- Expect your skin to be bleeding, oozing, red and swollen immediately after treatment.
- The redness (resembling sunburn) will last for 10-14 days after treatment.
- Your face will be quite swollen, particularly around the eyes. This will last 5-7 days. You may take Benadryl 25mg at bedtime for the first 2 – 3 nights to help reduce swelling.
- Hand-washing is the most important thing you can do to prevent infection. Always wash your hands before you touch the treated area.
- Itchiness can occur and an over-the-counter antihistamine can be taken to avoid scratching the delicate skin.
- Fragility - Due to the delicacy of your healing skin, please be very gentle with it. Do not shower the treated area for 48 hours. Do not allow the spray from your shower to strike the skin directly for one week.

Hyperpigmentation (darkening of the skin colour) - Some bronzing of the treated skin is expected after treatment as this is the skin's natural process of exfoliating the old treated tissue in order to reveal the new rejuvenated skin beneath. If you experience a darkening of the skin colour after your skin is healed, please contact us immediately for additional post care instructions.

- Avoid direct sunlight on the treated area for 4-6 weeks after your treatments.

- A broad spectrum UVA/UVB sunblock (SPF 30 or greater) must be worn daily and reapplied every 2-3 hours once the skin is healed for at least 3 months after your treatments, regardless of season or weather conditions.
- Avoid harsh topical products such as retinoids and glycolic acid products for one month after treatment.
- Take 1000mg of Vitamin C daily for at least 3 months after. Studies have shown that new collagen is produced by the body in the presence of Vitamin C.
- Anticipate 10 days of social down-time following your treatment.
- New collagen takes approximately three to six months to form therefore results may be seen within the first few weeks and yet the skin's texture, clarity and tone will continue to improve for up to one year.

## **AFTER CARE**

- For cleansing the treatment area, cold water only.
- After cleansing, apply a very thin layer of Aquaphor® moisturizer to the treated area.
- To reduce pain, you may take Tylenol® 500mg, one or two tablets, as needed .
- After 3 days, you may begin gently cleansing the treated area with a cleanser once a day.
- After 3 days, you may apply mineral powder or makeup if desired.
- If prescribed, continue taking Valtrex; one pill twice a day for 7 days.

## **Call us if you experience any of the following:**

- Pain that is not relieved by Tylenol.
- Excessive itching, especially when accompanied by signs of infection
- Signs of infection – whitish to yellowish film on treated area, fever, swelling and/or tenderness that last longer than three days.

## **MAXIMIZING BENEFITS OF THE FRAXEL TREATMENT**

Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.