



Fraxel After-Care Instructions

It is very important to abide by the following instructions in order to obtain the best results from your Fraxel treatment and to avoid scarring:

1. For two weeks after your treatment wash treated areas with lukewarm water and a gentle cleanser. Do not use harsh cleansers, exfoliants, wash cloths, or loofas. Do not use antibacterial soaps or bar soaps.
2. Moisturize at least twice daily. Use gentle moisturizers that do not contain acids, retinols, or other exfoliants.
3. Do not use any other skincare products to avoid skin irritation. Do not use retinoids, retinols, acne creams, etc. Skin irritation will cause scarring.
4. **AVOID SUN EXPOSURE FOR 6 MONTHS.** Your skin will be extremely sensitive to sun exposure. You will get brown spots and skin discoloration from sun exposure. Wear sunblock with SPF 50 or more on treated areas daily, particularly when outside, riding in a car, or in rooms with windows. Reapply sunblock several times daily. Clothing that covers treated areas and wide-brimmed hats are recommended. *Do not start your sunscreen regimen until one week after treatment because your skin will be sensitive. Please avoid the sun completely for this week.*

Swelling is expected within 24-72 hours

1. Sleep with the treated areas elevated above your heart to reduce and prevent swelling.
2. Apply cold compresses or ice packs to treated areas for 15 minutes every hour for the first two days.
3. If taking Prednisone: take 4 pills on the 1st day, 3 pills the 2nd day, 2 pills the 3rd day, and 1 pill the 4th day.
4. If you have a history of cold sores, Acyclovir may be provided to you in office prior to treatment.

Redness of treated areas is normal

1. Redness can be covered 24 hours after the treatment with a gentle foundation.
2. Slight redness can remain for up to one week. Residual redness is unlikely, but may persist for months. It is not permanent.
3. Do not use harsh cleansers, exfoliants, or other skincare products which will irritate your skin.

Flaking of skin will occur for up to one week. It will look brown and will crust considerably.

1. **DO NOT PICK AT FLAKING SKIN.** You will get discoloration and scarring from picking at your skin. Let it fall off naturally.
2. It is normal for brown spots to darken in color and flake off.
3. Moisturize with a gentle moisturizer as much as possible to manage flaky skin.
4. Do not use skin exfoliants or rub the treated areas of skin.

Pain/Soreness is possible.

1. Take Advil or Ibuprofen every four hours to relieve pain or soreness if needed.

Crusting/Scratches/Cuts of treated skin can occur

1. To prevent skin breakage on the treated areas, which can lead to infection and skin discoloration, be very gentle with treated areas.
2. Remove clothing from treated areas gently.
3. Apply Vaseline or over-the-counter antibiotic ointments, such as Neosporin ointment, to open wounds only, at least twice daily to promote healing.
4. If increased swelling, yellow crusting, pus, or pain appear at treated sites, contact our office for further instructions and evaluation for infection.

If you have any questions or concerns please contact us at (703) 356-5111 Monday through Saturday.

Follow up with your provider one to two weeks after your procedure for further evaluation.