

Fraxel Laser Aftercare

Taking care of your skin after your procedure is just as important as the treatment itself! Listed below is a list of things you can expect and things you can do to improve your results!

Skin Care:

- Cleanse and moisturize daily with mild products, such as Glytone Mild face wash, Skin Medica Facial Cleanser or Sensitive Skin Cleanser, TNS Recovery Complex, TNS Body Lotion, Cetaphil, Dove or Aveeno. Avoid abrasive scrubs and toners with alcohol for at least one week to minimize irritation. **READ YOUR LABELS!!!!**
- Wear plenty of SPF!!!! Keeping your body moisturized and covered after the procedure will also be very helpful for your results. Remember, although we are removing all previous damage, new damage can easily occur!
- If you have a history of cold sores, fever blisters, or shingles please be sure to tell us about them. We can try to prevent them with certain medications.
- Please avoid dry picking at your skin! Flaking may occur and picking will irritate your skin and delay the healing process. A microderm is recommended one week after the treatment to slough away any dead skin.

What to expect during the first 24 hours:

- Swelling is typical and can last 3-5 days, depending on the strength of the settings used. Arnica tablets taken before, during, and after the procedure will greatly reduce the swelling and is recommended. Arnica gel is also available.
- Redness is usual and can remain for up to 5 days. It can usually be covered with minimal make-up by day 2 and can be reduced by applying the TNS Recovery or TNS Body Lotion, which is sold at many locations including our office.
- Skin will be dry for up to a week. Applying lots of moisturizer will ease the dryness. If there are any raw spots on the skin, please call our office so we can note the location of your thinner skin. These lesions will NOT scar and will heal quickly if an antibiotic ointment such as Neosporin or Bactroban diligently applied.

PLEASE NOTE THAT HEALING TIME VARIES FROM PERSON TO PERSON

Please do not hesitate to call the office if you have any questions or concerns. We are always happy to answer questions and schedule a quick work-in office visit.