

Gendler Dermatology

Tel: 212-288-8222

Fax: 212-988-9640

egmdnurses@egmd.com

FRAXEL

PRE/POST TREATMENT GUIDE

Immediately Pre/Post Treatment

- Your skin will be prepared for treatment by the nurse.
- After cleansing, a topical anesthetic cream will be applied to the skin for 30-60 minutes.
- The physician will perform the Fraxel treatment on your face and/or other areas, as indicated. You will experience a moderate burning sensation while the laser treatment is being performed. A device which blows cold air will be used to minimize any discomfort during the procedure.
- The treated skin will appear pink and slightly swollen immediately after treatment. You may experience a warm sensation (similar to a sunburn) of the skin for which ice packs will be provided.
- Sunscreen (Anthelios XL) will be applied to your skin prior to departure.

At Home Care

- Apply ice water compresses as needed to reduce discomfort and swelling of the treated skin.
- Cleanse your skin very gently, twice a day with Cetaphil and pat dry with a soft towel.
- Application of hydrating products is recommended. Apply a soothing moisturizer recommended by our physician 2 to 3 times per day.
- The skin may begin to tighten and appear slightly "bronzed" on the second or third day following treatment and may start to flake or feel rough over the following week. The hydrating/healing preparations can be applied as often as needed during this time. Use for 5-7 days.
- Your physician may also recommend gentle exfoliation with a soft wash cloth or a Clarisonic brush no more than once a day, beginning 3-4 days after your Fraxel treatment. Follow your physician's instructions and remember: GENTLE.
- In some instances, small areas may appear raw after treatment. If this occurs, Aquaphor Healing Ointment should be used at least 3 times a day until completely healed. If there are raw areas, DO NOT use a Clarisonic brush. If grouped blisters occur around the mouth, please contact the office immediately. (This may indicate the development of cold sores.)
- Makeup may be applied 3 hours post procedure if no raw areas are present. Your physician will advise you on the best time to exfoliate after treatment.
- Avoid the use of active skin products such as Vitamin C, Glycolic Acid, Retinol, Renova or Retin-A while you are healing from the Fraxel treatment. You may resume the application of these products approximately 1 to 2 weeks after treatment.
- Avoid strenuous exercise for 2 days after treatment
- Avoid excessive sun exposure during the course of Fraxel treatments. A sun block should always be worn (Anthelios XL, MD Solar Science or another that we recommend) because the new skin is very sensitive and susceptible to injury.

Please contact the office at 212 288-8222 if you have any questions or concerns about the Fraxel treatment