

Cosmetic Laser Center of Irvine

Pre & Post Instruction for Fraxel

Thank you for choosing The Cosmetic Laser Center of Irvine. In our ongoing efforts to provide you with the best possible service we ask that carefully review these Pre & Post treatment instructions and ask any questions necessary to help you fully understand it. If you have any questions about these instructions please discuss them with us prior to treatment. To obtain maximum benefit from your Fraxel treatments, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications. We are confident that if you follow these instructions you will be exceptionally pleased with the results of your treatments.

Pre Treatment Instructions:

- Patients must stop using **Retin-A (Tretinoin, Renova)**, Differin, Avage, and Tazorac 2 weeks prior to each treatment.
- Patients may be asked to use **Hydroquinone**(Obagi Nu-Derm Clear, Lustra etc) twice daily 2 weeks prior to treatment if they have **darker skin types or Melasma**.
- Patients with a **history of even one cold sore/fever blister outbreak** must take **Valtrex** before any treatments that involve the areas around the mouth. You will get a prescription from our office, and you should start the treatment the day of the procedure.

Day of Treatment Instructions:

- Please come to your appointment with clean skin, No sun screen or makeup
- Arrive promptly to allow time for your photos to be taken and for the application of a topical anesthetic agent.
- The treatment will take 30-40 minutes on average to cover one area such as the face or chest.
- The treatment is tolerable but feels like hot pin-pricks as it passes along the skin.

Post Treatment Instructions and Expectations:

- There is a small chance of burning or blistering. If this occurs keep the area moist with Aquaphor or Vaseline and covered with a bandage. Please call the office to notify us.
- You will experience a mild sunburn sensation for about 24 hours following the treatment.
- Often patients experience mild swelling for 1-2 days, sensitive individuals may have greater swelling for longer. You can reduce the chance of swelling by sleeping with an extra pillow and by applying ice-packs/frozen peas to the treated area for 10 minutes each hour the first day. Your skin will have a tanned/bronzed appearance that lasts 3-5 days depending on the treatment level.

- Your skin will exfoliate similar to a sun burn for 3-5 days.
- Use a sunscreen of SPF 30 or higher at least twice daily to protect your new skin from harmful UV rays.
- You can resume your topical regimen after 3-4 days.

Please call us at 949-679-8679 with any questions or concerns. We want you to be pleased with your treatment at The Cosmetic Laser Center of Irvine.

Signed _____ Date _____