

Dr. Tomi Wall
FRAXEL LASER
PRE AND POST TREATMENT INSTRUCTIONS

2 WEEKS BEFORE THE TREATMENT:

1. **AVOID DIRECT SUN EXPOSURE.** Too much sun before or after the procedure can cause unwanted discoloration and poor healing. If you must be out in the sun, it is very important to wear a broad spectrum sunscreen. Keep the treated areas covered as much as possible (*i.e.*, a hat to protect the face; a button-up or high neck shirt if the chest is being treated).
2. You can go back to work or your daily activity immediately after the treatment, but may want to take 2-3 days off. You may be red and swollen (similar to a sunburn), and will have some brown flaking for up to a week after the treatment.
3. If you have the following medical conditions, you may not be a candidate for the laser treatment and should notify your doctor right away: history of keloids, pregnant or breastfeeding, history of abnormal wound healing, personal or family history of vitiligo, history of having taken accutane in the past 12 months.
4. **If you have a history of cold sores:** Treatment of the face with a laser can result in cold sores being activated. Therefore, we will be giving you a prescription for oral acyclovir or valacyclovir to start 1 day before each treatment and to continue for 5-7 days total. If you did not get the prescription, please call our office and ask for it to be called into your pharmacy.
5. You may want to have an anti-inflammatory medicine such as ibuprofen on hand at home. Taking this for the first day or two after the procedure may reduce the redness and swelling.
6. You will need a gentle cleanser. You will also need a gentle moisturizer or ointment.

1 DAY BEFORE THE TREATMENT:

1. If you have a history of cold sores, please don't forget to start your valacyclovir or acyclovir if needed.

ON THE DAY OF TREATMENT:

1. Eat normally the day of treatment.
2. For men: shave normally. This will be the last time you can shave for approximately 1 week.

3. Wear something comfortable that has a loose-fitting neck or zip top, so you can put it on over the face easily.
4. Do not bother with make-up or hair. You will need to remove all make-up prior to the procedure.

AFTER YOUR TREATMENT:

First Day:

- You may notice a stinging or burning sensation for the first several hours after treatment. You will be given a reusable ice pack to place over your face for 10 minutes every hour until bedtime.
- Cleanse your face with a gentle cleanser (such as Cetaphil, Aveeno, Cerave).
- Gently pat skin dry with towel and apply petrolatum ointment (Vaseline or Aquaphor).
- Take ibuprofen as needed for discomfort.
- Sleep with several pillows to reduce swelling.
- *If you see areas of blisters, crusting, oozing, please notify your physician immediately. Contact the office at (510) 763-2662.

Day 2-7: It is normal to have swelling and redness for approximately 2-5 days.

- Cleanse your face with a gentle cleanser 2-3 times daily.
- Gently pat skin dry with towel and apply petrolatum ointment (Vaseline or Aquaphor) immediately after each cleansing. *You can change this to a cream after 3-4 days (Aveeno, Eucerin, Neutrogena, or Cerave).
- You may gently apply makeup if you desire, but we prefer no makeup for 1 week.
- Remember to use your sunscreen daily.
- No scrubs, washcloths, or masks for the first week, until your skin is no longer red or swollen.
- You may notice flaking of your skin. Please do NOT pick or rub at the area. You may apply extra Vaseline ointment if you wish.
- Take the full dose of all the oral medications prescribed to you.

Day 7:

- You may restart Retin-A, hydroquinone, or other topical medications if your skin looks like it is back to “normal”.

If you have any questions regarding your treatment, please do not hesitate to contact us.

Rev 6/2020