PACIFIC
DERMAESTHETICS
We know skin.

FRAXEL 1927nm®:
BEFORE YOUR APPOINTMENT

- Avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment.
- Avoid retinol and glycolic acid products for one week prior to your treatment.
- Inform the doctor if have taken Accutane® (oral acne medication) in the past year. Fraxel can cause you to breakout, please advise the doctor if you are prone to acne.
- If the doctor has given you a prescription for Valtrex, start your prescription the day before your treatment. Take 1 pill, twice a day for 7 days.
- Store ice packs in your freezer for use after your procedure.
- Most people tolerate this treatment with just plain Tylenol; however, if you are planning to take stronger pain medication prior to your treatment you must arrange a ride home after your treatment.

THE DAY OF YOUR APPOINTMENT

- Eat a meal at least 2 hours prior to your appointment.
- Wear comfortable clothing as you will be in the office for approximately 2 hours.
- Avoid wearing contact lenses to your appointment.
- If possible, arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
- Payment will be collected prior to your treatment.
- Allow 2 hours for your appointment.
- You may wish to bring a book or personal entertainment device with you.

FRAXEL 1927nm®: AFTER YOUR APPOINTMENT

- Expect your skin to appear red (resembling sunburn) for 1-2 days after treatment.
- Your face may be swollen, particularly around the eyes.
- Use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
- Shower with care for 48 hours. Your healing skin will be delicate. Do not allow direct spray to strike the treated area.
- Your skin will take on a darker, bronzed appearance around day 3 and will flake and peel for several days.
- Contact us if either swelling or redness persists past 7 days.

WHAT TO EXPECT

- Dryness commonly occurs and will resolve itself as you heal. Ask our trained staff to recommend a gentle moisturizer suited to your skin.
- Crusting is rare; however, if it does occur a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience this uncommon reaction.
- Itchiness can occur and an over-the-counter antihistamine can be taken to avoid scratching the delicate skin.

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AFTER CARE

- Use only mild cleansers and moisturizers while skin is healing. Pacific Dermaesthetics has developed dedicated Post-Fraxel Skin Care Kits. Please speak to one of our staff members to determine the best kit for your skin type.
- If you wish to apply make-up while your skin is healing we advise that you use Oxygenetix oxygenating foundation as this is a light breathable formula that has been allergy, bacteria, sensitivity and non-comedogenic tested.
- Avoid harsh topical products such as retinols and glycolic acid products throughout the course of your Fraxel SR® treatments.
- Avoid direct sunlight on the treated area throughout the course of your Fraxel Dual® treatments.
- Use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater throughout the course of your Fraxel Dual® treatments and for 4 -6 weeks after your last treatment.
- Take 1000mg of Vitamin C daily for the duration of your treatments and for at least 3 months after. Studies have shown that new collagen is produced by the body in the presence of Vitamin C.
- Anticipate 3-5 days of social down-time following your treatment.

MAXIMIZING BENEFITS OF THE FRAXEL TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

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