

Fractional Resurfacing (FRAXEL) Treatment Sheet

• **DURING**

- 1) Your skin will be prepared with a variety of cleansers by the medical assistant or aesthetician.
- 2) After cleansing, an anesthetic gel will be applied to the skin for 30-60 minutes.
- 3) The physician will perform the Fraxel treatment on your face or other body area(s) as indicated. (You will experience a moderate burning sensation while the laser is being passed over the skin.)
- 4) The areas will be pink and slightly swollen and you may experience a warm sensation (similar to a sunburn) following the procedure.
- 5) Ice packs will be provided for your comfort.

• **AFTER**

- 1) Once at home, apply an ice pack as needed to reduce swelling and discomfort.
- 2) Cleanse your skin very gently twice a day with a mild cleanser such as Cerul Sensitive Cleanser, Cetaphil, or Cerave, and gently pat dry with a soft towel.
- 3) After cleansing, application of hydrating and healing products are recommended, such as Avene Mineral Mist (apply 4-5 times per day), Remergent DNA repair and Cerul Hydration Cream. The skin may begin to tighten and appear "bronzed" on the second or third day following the treatment. The hydrating/healing process preparations can be applied as often as needed during this time.

• **AFTER (continuation)**

4) In some instances, small areas may appear raw after treatment. If this occurs, Vaseline Petroleum Jelly should be used at least 3 times daily until completely healed.

5) Avoid the use of active skin products (retinoids, Vitamin C, alpha hydroxy acids) while you are healing from Fraxel treatment. You may resume the application of these products approximately 1-2 weeks after treatment.

6) Although makeup can be applied while healing (if no raw areas are present), avoid rubbing or exfoliating your skin until it is completely healed from Fraxel treatment. Excessive manipulation can prolong the final healing process.

7) Avoid excessive sun exposure during the course of Fraxel treatments. A sun block should always be worn (ask us for specific recommendations) because the new skin is very sensitive and susceptible to injury.

Please contact the office at (214)373-7546 if you have any questions about Fraxel or would like to schedule your Fraxel treatment.