

# SOUTHWEST SKIN SPECIALISTS, LTD

## FRAXEL LASER TREATMENT

### Pre-treatment Checklist

1. Discontinue all exfoliating products 2 weeks prior to your first laser treatment, (Retin-A, Retinol, Renova, Retrinal, Tazorac, Differin, Alpha Hydroxy acids, salicylic acid, scrubs and peels of any kind.) **Do not** start any products until 1 month after your **final** laser procedure, unless instructed by the physician.
2. Discontinue facials, peels, waxing or any outside treatments 2 weeks prior to, and during complete treatment unless instructed otherwise by your physician.
3. Minimize sun exposure 2 weeks prior to treatment. Use a broad-spectrum sunscreen of SPF 30 or higher. Use one that contains zinc oxide, titanium dioxide or Parsol 1789 (avobenzone) and be sure to reapply sunscreen every 2 hours. For added sun protection, use wide-brimmed hats and sun-protective clothing when in the direct sunlight.
4. If you are prone to "cold" sores or herpes viral infections, take Valtrex, Famvir or Acyclovir pills on the day of treatment and continue for 5 days. Like natural sunlight, laser light can trigger a flare.
5. Clean your face thoroughly, removing all makeup, creams and sunscreens prior to treatment.
6. The topical anesthetic is applied in the office 1-2 hours prior to the procedure. You may want to bring reading material for this time. Expect the entire time in our office to be approximately 3 hours on the day of the procedure.
7. Make sure you have eaten breakfast, lunch or a snack prior to treatment.
8. Wear old, comfortable clothing. Also bring a jacket if you tend to get cold easily.
9. Do not wear jewelry

### What happens after treatment?

1. Immediately after treatment, there will be a sunburn sensation and appearance. The sensation will last approximately 2 hours. The redness will fade over 5-7 days.
2. Swelling is usually minimal and generally resolves in 2-3 days.
3. Bronzing may then develop and last for 3-14 days, depending on treatment level.
4. Flaking, similar to a mild sunburn, may occur from day 5-14. Use of a moisturizer will mask the appearance of flaking.
5. Over the next 6 months, the body regenerates the deeper dermal tissues (collagen and elastic fibers) that have been affected by the Fraxel laser.

### **Aftercare**

1. Use only gentle cleansers (Cetaphil), moisturizers (Cetaphil, Niadyne or Cerotopic creams), sunscreens and makeup following your treatment. Avoid all exfoliating products.
2. Minimize sun exposure during entire treatment and for several months following treatments.
3. Protect your skin with a broad-spectrum sunscreen of SPF 30 or higher. Use one which contains zinc oxide, titanium dioxide or Parsol 1789 (avobenzone). Remember to reapply sunscreens every 2 hours while outdoors.
4. You must use wide-brimmed hats and sun-protective clothing when in direct sunlight.

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