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FRAXEL LASER TREATMENT

BEFORE TREATMENT

Do not tan in the sun, tanning bed or use self-tanner for 4 weeks prior to treatment.

Hydrate

If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication.

No isotretinoin (Accutane) within 6 months prior to treatment.

Stop topical Retinoids, glycolic acid, chemical peels & Vitamin C two weeks prior to your Fraxel treatment.

AFTER TREATMENT

Ice packs can really help alleviate the heat sensation.

Start using moisturizing cream (ex. vanicream) or ointments (ex. vaseline or aquaphor) frequently after your treatment and over the next few days. You can store the moisturizer/ointment in the refrigerator to keep cool.

You may shower and cleanse your face with a mild cleanser (cetaphil gentle skin cleanser or JAS - Hydrating Cleanser).

Avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun for one week.

HOW YOU MAY LOOK AND FEEL

Immediately after the treatment, you will experience redness, swelling and sometimes pinpoint bleeding.

Swelling usually lasts 2-3 days and is worst on the first morning after treatment, particularly under the eyes. Apply cold compresses to the treatment areas for 10 minutes of every hour on the day of treatment until you go to bed. Sleep with your head elevated the first night. Use as many pillows as you can tolerate.

Heat sensation can be intense for the following 2-3 hours. Cold compresses can help.

Occasionally, oozing can occur in isolated areas for a few days as well.

Some patients experience itching.

You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treatment working its way out of your body as new fresh skin is regenerated.

Your skin should start sloughing/peeling 3-4 days after the treatment. Most patients complete this process 5-7 days after the treatment on the face. On off-face surfaces areas, such as hands/arms, where healing is slower, this may take up to two weeks. AVOID: scrubbing and peeling the skin.

Once the sloughing is complete, you may notice some pinkness over the next few weeks. Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply makeup to minimize the redness.

SKIN CARE PRODUCTS

All skin care products, cleansers and moisturizers should be non-irritating and non-clogging for the first week or so after Fraxel treatment. (ex.: Aveeno, CeraVe, Neutrogena and Cetaphil).

During the replenishing phase, apply B.E. Beautiful Energy Replenishing Face & Neck Mask to immediately hydrate and soothe skin to help minimize trans – dermal water loss and inflammation that is experienced post advanced procedures and speed up the renewal process. Use one mask for at least 7 days after treatment. For purchase at the front desk.

Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acid, Tretinoin, Retinol.

Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream 7-10 days following treatment.

It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA/UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least three months after your last treatment. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).

Once the sloughing is complete and your skin has fully healed, you may resume your routine skin care and make-up products, as long as they are tolerable to you.

A HydraFacial MD treatment, 4-5 days post Fraxel Laser Resurfacing, is one of the most effective, efficient and transforming post Fraxel treatments, as it speeds up the shedding process that resurfacing lasers inevitably induce while deeply hydrating the skin.

WHAT TO EXPECT AFTER TREATMENT

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who receive a less aggressive treatment may experience side effects of less than – expected magnitude. This is quite normal.

If you notice any blisters, cuts, bruises, scabbing, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, or any other problems, please call to speak with us immediately. Dr. Robinson can always be reached after hours through the answering service. We are happy to speak with you any time: 212.750.7121