

PRECAUTIONS TO CONSIDER BEFORE FRAXEL TREATMENTS

SIX TO TWELVE MONTHS BEFORE TREATMENT:

- Stop use of Accutane

TWO WEEKS BEFORE TREATMENT:

- Stop use of all Retinols
 - Retin-A, Tazorac, "anti-aging" products
- Stop use of all glycolic acid treatments
- Stop use of all salicylic acid products.
- Avoid excessive sun exposure
- Stop Waxing
- Stop any use of abrasive scrubs
- Stop microdermabrasion treatments
- Talk to your doctor if you have ever had a cold sore

OTHER PRE-TREATMENT SUGGESTIONS:

- Are you pregnant or breastfeeding?
If so, you are not a candidate at this time
- Stay Hydrated!
Drinking plenty of water before, during, and after your treatment can greatly increase the healing period
- Tendency to hyper pigment?
Talk to your doctor about starting a bleaching regimen four to six weeks before your treatment series
- Be prepared!
Two to three weeks pre and post treatment it is a good idea to avoid excessive sun exposure
Sun block (UVA/UVB) must be worn to protect from sun exposure

FRAXEL Laser Treatment Aftercare

Taking care of your skin after a Fraxel procedure is as important as the actual procedure itself! Listed below are instructions to follow and things that you may see as your healing progresses.

Skin Care

- Use plenty of SPF 30+ several times a day and avoid large amounts of sun exposure if at all possible. If sun exposure is necessary, wear clothing that covers the treated area.
- Apply a light cream moisturizer whenever feeling dry. Heavy ointments such as Vaseline may clog your pores and causes mild breakouts, so just remember to keep your skin moisturized. Drinking plenty of water is also helpful to alleviate dry skin.
- Do not use abrasive scrubs or toners for a week after the last treatment. Allow skin to fully heal before returning to normal skin care. **READ YOUR LABELS!** If your products have Glycolic acids or Retinols in them, discontinue use for two weeks before your procedure and two weeks post treatment.
- Cleanse and moisturize daily with light, plain products.
- Just use your fingertips to cleanse skin for the first week after treatment. Remember that your skin is fragile and needs time to repair itself.
- If you have a history of cold sores, ask your doctor about care.

What to Expect:

- **Swelling** – Usually will last two to three days, and will often appear the worst on the day after treatment, especially around the eyes. Sleep elevated the first night.
 - Apply cool compresses for 24 – 48 hours. Examples include: washcloths soaking in ice water, frozen peas, ice packs, frozen gel masks, etc...
 - Try to avoid salt and alcohol for the first 24 hours – this will help reduce swelling.
- **Redness** – Can be covered up with makeup immediately after treatment if so desired/ slight redness could remain for up to one week.
- **Dry Skin** – This procedure tends to cause the skin to flake and feel dry – this is normal and should resolve within a week.
- If you have areas of raw skin post treatment, keep them moist with something like Aquaphor or Bacitracin. You do not have to apply Band-Aids, but keep them moist and **do not pick at them**. They will heal on their own very rapidly and without incident.

Healing time also varies from person to person. Be patient with your healing process. We are confident you will see improvement of your skin texture shortly after even the first treatment.

LASER SKIN CARE INSTRUCTIONS

PRECAUTIONS TO TAKE BEFORE YOUR LASER TREATMENT

A broad spectrum sunscreen of SPF 30 or greater should be applied to the area being treated whenever exposed to the sun and throughout your course of treatment. Sun exposure is not permitted as it decreased the effectiveness of the laser treatment and can increase the chance of post treatment complications.

PRECAUTIONS TO TAKE FOLLOWING YOUR LASER TREATMENT

1. Treat the area delicately. Do not rub, scratch, or pick at the treated area while the reddish-purple discoloration is present.
2. Please call the office immediately if the treated area becomes tender and showing signs of infection (pus)
3. Avoid swimming/sports and strenuous exercise while the discoloration is present.
4. Avoid hot baths and whirlpools for two days following your treatment. Do not shave the area if crusting or blistering occurs.

FACIAL VESSELS: You may experience a slight sunburned feeling to the treated area of r a couple of hours. Apply cool compresses for 10 minutes every couple of hours today. The area may also develop a fine crust. Clean with warm soapy water twice a day followed by a small application of Bacitracin ointment or Polysporin ointment (these can be purchased over the counter without prescription). Continue for a week. Makeup may be applied immediately, however, if crusting does occur, apply antibiotic ointment before makeup.

Regular exercise can be resume in 24 hours.

POST OPERATIVE INSTRUCTIONS FOR LASER TREATMENT OF VASCULAR LESIONS

1. The skin in the laser treated area has been altered to some extent and although the chances of scarring or any other problems are very remote, rough treatment, excessive irritation or allowing the area to dry up would not be helpful to the post-operative course. For the first few days, please use gentle cleansing, with fingers only; avoid friction or excessive scrubbing, sun exposure, and limit your activities (such as contact sports).
2. Apply antibiotic ointment on a frequent basis for the first few days. If you do not have any blistering or crusting, the antibiotic ointment may be left off. Makeup or cover stick may be applied, but is should be removed in an extremely gently manner, or if necessary, leave the makeup on as it will not cause any harm even if not removed.
3. Gentle cleansing for the first few days is imperative in order not to dry out and damage the tissue.
4. Expect an intense, dark purple-black bruise appearance at the site of each laser pulse. These tend to start fading at five (5) days, but may take 10 days on the face and 2-3 weeks or more on other areas to clear. Makeup may be applied according to the above instructions.
5. Repeat treatments may be necessary, but you will not know for several weeks after the procedure.

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POSTOPERATIVE INSTRUCTIONS FOLLOWING LASER HAIR REMOVAL

After laser hair removal, you may experience a mild to moderate sunburned or “razor burned” feeling in the treated areas. This may last for several hours. Apply cool compressed to the area for 10-15 minutes each hour for four or five hours. Redness may persist for 24-48 hours following treatment.

For the next two to five days, you may develop a fine crust over the treated area, especially where many dark hairs were treated. Keep the area clean with gentle washing two times a day with a mild soap. Follow with a light applications of aloe gel or hydrocortisone cream if desired. Continue this regiment until any crusting disappears. Do not use glycolic products, exfoliation products or Retin-A for at least 4-5 days following your treatment.

Use sun protection with and SPF 30 or greater prior to going outdoors for at least four to six weeks after each treatment.

You will notice some signed hairs and hairs that are working up out of the follicle. This shedding process that takes place after the laser treatment, and may last more than two weeks. You may shave the area until the dark hairs have been shed.

Please call the office if you have any problems, concerns, or if you have an area that is not healing properly.

Thank you.

POSTOPERATIVE INSTRUCTIONS FOR YAG LASER TREATMENT

1. The skin in the laser treated area has been altered to some extent and although the chances of scarring or any other problems are very remote, rough treatment, excessive irritation or allowing the skin to dry up would not be helpful to the post-operative course. For the first few days, please use gentle cleaning, with fingers only; avoid friction or excessive scrubbing, sun exposure, and limit your activities (such as contact sports).
2. Do not be alarmed at the dark and occasionally purplish discoloration, as this will clear gradually. If any residual darkness occurs, please let me know, as occasionally a mild amount of discoloration after the laser treatment is noted.
3. Apply antibiotic ointment on a frequent basis for the first few days. For women, makeup can be worn and removed very carefully, so as not to disturb the recently treated area.
4. It is important to avoid excessive sunlight on the areas for four to six weeks after the treatment. If there is going to be significant sun exposure, a total sun block should be used over the area even if no sun exposure is anticipated. The reason for this is that sunlight exposure during healing tends to encourage excessive re-pigmentation of the area.
5. Because the new skin is somewhat sensitive for a few weeks, gently cleanse with a gentle cleanser; apply a light moisturizer and avoid rough treatment.
6. If you are using any special bleaching agents such as glycolic acid preparations, Retin-OA or hydroquinone; you may resume them after discontinuing the antibiotic ointment.
7. A second treatment may be necessary, but you will not know for several weeks after the procedure.