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FRAXEL® re:store - Post-Treatment Instructions
(How to care of your skin after Fraxel treatment)

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Fraxel re:store™ treatment. For the best outcome, to help your skin heal quickly and to protect your skin investment, please follow the following guidelines.

Sunscreen. You should use a sunblock which contains physical agents (such as zinc oxide and titanium dioxide) to physically block the sun's UV rays before and after your Fraxel treatments. Your sunscreen should have a sun protection factor (SPF) of 30 or more and offer broadband protection (UVA and UVB). (We offer a number of good sunblocks at Eden Medispa, including our Eden Melashade, Obagi C Sunguard, Obagi Rosaclear Sun Protection and Revision Intellishade.) First apply the sunscreen 20 minutes before going outside. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. It is very important to use this regimen during the healing period and you should then make it part of your normal routine.

Moisturizer. Remember that peeling and/or flaking is normal during the healing process. Therefore, the product should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period your normal moisturizer may be too occlusive (consider our Eden ThermaMoist or other product recommended by our staff). Reapply whenever your skin feels dry.

Cleansers, Scrubs, Toners, Glycolic Acid, and Retinols. Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Use a gentle skin cleanser, such as our Eden cleanser. Do not use abrasive scrubs, toners, or products that contain glycolic acids, salicylic acids or Retinols. Be sure to read all of the skincare product labels.

Bleaching Creams. Discontinue use of your bleaching cream while your skin is tender. If you are using a hydroquinone, please stop using for 3-7 days after your treatment.

Cold Sores. If you have a history of cold sores, please ask us about recommendation for medication to reduce the potential for outbreaks.

Makeup. You can wear makeup – we recommend a mineral makeup, available at Eden or other skincare providers. Do not use heavy moisturizers.

Resume your normal skin care regimen when your skin has fully healed.

What to Expect After Treatment

Fraxel® laser treatments produce side-effects. The intensity and duration of your side effects depends on the treatment aggressiveness your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense side-effects that last longer. However, some patients have greater than “expected” reactions to less aggressive treatments and others have fewer side-effects to aggressive treatments than would ordinarily be expected. Notify your physician if the severity of your side-effects becomes a problem for you.

- **Swelling.** You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling do the following:
 - ✓ Apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed.
 - ✓ Sleep elevated the first night. Use as many pillows as you can tolerate.
 - ✓ You can take Benadryl for swelling.
 - ✓ Avoid working out for 24-48 hours after treatment or as swelling decreases. If you are at risk for Post Inflammatory Hyperpigmentation, you should wait 3-5 days before working out.
- **Redness.** 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 immediately after treatment to minimize the redness.
- **Dry skin.** Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated. You can use Aquaphor or an Aloe (or our Eden ThermaMoist) to help keep your skin moist.
- **Bronzing, Crusting and Small Dark Dots.** Fraxel treatments cause destruction to microscopic cylinders of skin which then exfoliate during the healing process. In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, these microscopic wounds, known as MENDs, contain large amounts of melanin. Because there are so many MENDs, they can make the skin look bronzed, or small areas appear crusted (do not try to scratch them off). When high energies are used to produce deep and wide lesions, the MENDs can sometimes be seen as individual dark dots. On the face, the MENDs will shed within 7-10 days. Off the face, it may take as long as 3 weeks for the MENDs to shed.
- **Raw Skin.** If you develop areas of raw skin post treatment, keep them moist with something like Aquaphor® or Bacitracin®. You do not need to apply band-aids, but keep the areas moist and *do not pick at them*. They will heal very rapidly on their own and without problems.

As always, please call us with any questions or concerns.