

**Eden Medispa**  
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## **FRAXEL<sup>®</sup> re:store - Pre-Treatment Instructions and Precautions**

Thank you for choosing Eden Medispa for your Fraxel laser treatment. In our ongoing efforts to provide you with the best possible service, we ask that you carefully read these pre-treatment instructions and precautions. If you have any questions about these instructions, please discuss them with us prior to treatment. To get maximum benefit from your laser treatments, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications.

1. Please read our Fraxel Information and Consent Form prior to your treatment, and discuss any questions or concerns with us. You should be aware that there will be swelling and reddening of the treated areas, and plan any social activities following your treatment accordingly.
2. You should not use Accutane for 6-12 months before your treatment.
3. Starting two weeks before your scheduled treatment, you should:
  - ✓ Stop use of all Retinols. This includes Retin A, Tazorac, “anti-aging” products (if questions about whether your skincare products or services contains Retinols, glycolic acid, or salicylic acid, please ask us)
  - ✓ Stop use of all glycolic acid treatments
  - ✓ Stop use of all salicylic acid products
  - ✓ Stop excessive sun exposure
  - ✓ Stop waxing
  - ✓ Stop abrasive scrubs
  - ✓ Stop microdermabrasion treatments
  - ✓ Talk to your doctor if you have ever had a cold sore
4. If you are pregnant or breast feeding, you are not a candidate for treatment at this time.
5. Stay hydrated! Drinking plenty of water before, during and after your treatment can greatly increase the healing period.

6. If you have a tendency to hyperpigment, talk to us about starting a bleaching regimen (e.g. a prescription cream containing hydroquinone, which we can compound at our practice for you) before your treatment series starts. We recommend stopping use of hydroquinone 1-2 days prior to your treatment and resuming 3-7 days after your treatment, especially you have melasma or are at risk for post inflammatory hyperpigmentation. (Please ask us.)
7. Avoid excessive sun exposure 2-3 weeks before and after your treatment, wear hats, and use a good sunblock (that will protect for both UVA and UVB rays) to protect from sun exposure. (Of course, this is our general advice for all our clients all the time, but especially important before and after Fraxel treatments because of heightened sensitivity.)
8. Make sure to schedule your treatment at a time when you can come to have a topical numbing cream applied at our offices at least 1-1/4 hours before the treatment starts.