



6565 West Loop South #800 | Bellaire, TX 77401 | P: 713.661.4383 | F 713.661.4346

Fraxel DUAL Post Care Instructions

Congratulations! Today we treated _____ with Fraxel DUAL/Fraxel 1550/Fraxel 1927

Today we focused on _____

Your care team was _____

What to expect after treatment:

24 hours post treatment:

- Immediately after you may experience **redness, heat, sunburn sensation, swelling,** and **occasional pinpoint bleeding.**

2-5 days post treatment:

- Redness may increase over the next few days.
- You may also notice that your skin appears bronzed/little dark dots – suggestive of the laser grid.
- Expect your skin to feel dry, peel and flake.
- You may notice a sandpaper-like texture over the next few days. This signifies treated tissue shedding while fresh new skin is regenerating. **DO NOT VIGOROUSLY SCRUB THIS OFF YOUR FACE!**
 - Treat new skin with gentle care – use a gentle cleanser **WITHOUT** chemical or physical exfoliants.
- Patients treated with the 1550 nm wavelength can expect to be swollen.
- Patients treated with the 1927 nm wavelength will experience less swelling and more bronzing and redness

5-14 days post treatment:

- Sloughing of skin will slow down and new regenerated skin may appear pink. Skin will return back to normal over time.

Post Care:

- To minimize swelling do the following:
 - Apply **ice packs** to the treated area for about 10 minutes every hour until bedtime (will help reduce excessive heat sensation).
 - Sleep with your head **elevated** if possible.
 - A low salt diet may also help decrease swelling.
- Apply very thin layer of bland **moisturizer** (i.e. Cerave, Vanicream, _____) and TNS advanced +/- Cicalfate/phyto corrective gel/mask.
- Wash treated area with **gentle cleanser** daily (i.e. Cerave, Vanicream, Skin Ceuticals, _____)
 - **AVOID SCRUBBING** and chemical or physical exfoliants!
- Avoid **retinol** or **bleaching cream**, restart once the new skin has regenerated at approximately 1 week.
- It is pertinent to apply **sunscreen** daily – reapplying every 2-4 hours, at least 30 minutes before sun exposure, to protect the skin and avoid scarring of the newly generated skin (i.e. skin medica mineral shield, color science face shield, _____)
- History of cold sores/fever blisters/HSV, please ask your provider regarding care/prevention!
- Remember, multiple treatments are required for optimal results.

Any questions of concerns please do not hesitate to reach out through at **713-661-4383** or email us at _____@bellairedermatology.com.

We will see you back in _____ for your follow up and next treatment!