



**Mount
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FRAXEL Post-Procedure Instructions

How to Care for Your Skin after Treatment

Congratulations! You've taken the first step toward more healthy and radiant looking skin by having this laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

- On the night following treatment, you should wash the treated area gently with lukewarm water and avoid hot water in these areas.
- Using a 4 x 4 gauze pad soaked with cool or tepid water diluted with white vinegar (1 teaspoon per cup), gently go over all resurfaced areas 3-5 times a day until the skin has stopped exfoliating.
- The goal is to lightly remove the exfoliating skin and crusting that develops after the laser procedure. This should be a gentle process with no scrubbing or abrading. If you have pain or develop bleeding, you are scrubbing too hard.
- Frequent cleanings are important for the first 3 days to help prevent any fungal or bacterial infections and promote proper wound healing.
- After each cleaning, apply a thick coat of the prescribed topical moisturizer (**Aquaphor ointment, EpiCeram**) with Q-tips. This should look like an icing on a cake.
- You will continue this wound care outlined above for 7-10 days, at which point your skin will be completely resurfaced and you can continue to moisturize and apply sun protection.
- You may be asked to apply Mupirocin ointment (antibiotic ointment) to the treated area following each cleaning.
- If desired, make-up can be applied beginning 5 days after the procedure.
- **Skin Care Products and Sunscreens**
 - All of your skin care products should be non-irritating and non-clogging for a few weeks after laser treatment.

- Frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of **30** or more. You should first apply sunscreen 20 minutes before going outside, and again immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.
- **Scrubs, Toners, Glycolic Acid and Tretinoin.**
 - 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. Do not use abrasive scrubs, toners or products that contain glycolic acids, alpha or beta hydroxyl acids, salicylic acid/salicylate or Retin A.
- **Bleaching Creams.** Discontinue use of your bleaching cream while your skin is tender.
- **Resume your normal skin care regime when your skin has fully healed.**
- **Pain management:** Use Vicodin and/or Percocet as prescribed

What to Expect after Treatment:

This laser treatment can cause some side effects. The intensity and duration of your side effects depend on the aggressiveness of your treatment and 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 2-3 days.
 - To minimize swelling, 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, using as many pillows as you can tolerate.
- **Redness.**
 - Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks.
 - You may apply makeup 5 days after treatment to minimize the redness. We recommend Cover FX makeup carried by Sephora.
- **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. Just increase the frequency of cream application.

- **Raw skin.**
 - If you develop areas of raw skin post treatment, increase application of Aquaphor. You do not need to cover it, just keep the area moist and *do not pick at it*. It will heal without any problem.
- **Blisters, Burns, Scabbing.**
 - Heating the upper layers of the skin may cause blisters or burns and subsequent scab formation. Steam with the heating process may also produce a separation between the upper and lower layers of the skin, resulting in blister formation. The natural wound healing process along with appropriate wound care management (see above) will result in complete resolution.

What is Possible After Laser Procedure:

- **Herpes Reactivation:**
 - Herpes simplex (cold sore) eruption may rarely result in the treated area or at the site of previous infection. Pre-treatment with oral antiviral medications like Valtrex significantly decreases the chance of this happening.
- **Scarring:**
 - Scarring is always possible when the skin is disrupted and there is an abnormal wound healing response. Scars may be permanent and can be raised or depressed. They may also form with red-to-pink color variations, skin darkening, or hypopigmentation.
- **Discoloration:**
 - Some patients will develop a darkening or lightening of the treatment areas that can occur weeks after the procedure. This is uncommon with patients with lighter skin and seen more commonly in darker skin. Dark marks can often be treated with a bleaching cream.
- **Eye injury:**
 - Protective goggles or eyelid covers will be worn during the treatment to prevent any direct eye injury.