



**Mount
Sinai
Doctors** Faculty Practice

Hooman Khorasani, M.D.

Chief

Division of Dermatologic and Cosmetic Surgery

E85th Street Skin & Laser Center

234 East 85th Street – 5th Floor

New York, NY 10029-6574

Tel 212.731.3311 Fax 212.731.3395

FRAXEL

Restore (1550nm) or Thulium (1927nm)

Pre-Procedure Instructions

Please read the following carefully and refer to it as needed, as most of your questions prior to the procedure should be answered. Instructions for your care will be reviewed with you prior to consenting to the procedure and prior to taking any pain and/or anxiety medications. By carefully following these instructions, you can expect to obtain very good results from your laser procedure.

Prior to Fraxel Treatment:

Please follow these recommendations:

- Avoid any sunlight on the planned treatment area(s) for a minimum of 2 weeks prior to the procedure. Wear a sunscreen with sun protection factor (SPF >50) at all times up until the day of the procedure. Sunscreens with both UVA and UVB and physical blockers (e.g., titanium dioxide) are best and can be found in these products: Neutrogena Ultra-Sheer Dry Touch Sunblock.
- Discontinue topical application of retinoids (e.g., Retin-A Micro, tretinoin, Tazorac, Adapalene, etc.), salicylic acid, glycolic acid, benzoyl peroxide, and vitamin C agents 2 weeks prior to the procedure unless told otherwise.
- If you have a darker complexion as do many Hispanic, Italian, or Middle Eastern individuals, you may be asked to use a bleaching agent such as hydroquinone or Triluma for 2 weeks prior to your treatment.
- Avoid any facial chemical peels 2 weeks prior to the procedure.
- Fill any topical prescription medications the doctor has prescribed and plan to use them immediately after your laser treatment.

Note: Medications may vary depending on individual treatment protocol and a patient's allergies:

- **Biafine-** a cream used for wound healing
- **Epicerum-** a cream used for moisturizing and wound healing.
- **Mupirocin-** a prescription topical antibiotic ointment

- Fill any oral prescription medications the doctor has prescribed and begin taking them as instructed 1-2 days prior to treatment. It is important to bring them with you on the day of the procedure.

Note: Medications may vary based on the individual treatment protocol and a patient's allergies:

- Valtrex, an antiviral medication, is used to prevent cold sores.
- Keflex, an antibacterial medication, is used to prevent bacterial skin infections.
- Percocet and Vicodin are medications used to control pain.
- Valium and Ativan are anti-anxiety and sedation medications.

*****PLEASE NOTE*****

A topical anesthesia is applied to your skin 1 hour before the procedure and cold air is used during the procedure to minimize discomfort. Please arrive 1 hour *prior to* your scheduled procedure for application of the numbing cream to maximize the anesthetic effects of this topical agent.

- Obtain the following wound care supplies:
 - 4 x 4 gauze pads
 - White vinegar (acetic acid)
 - Gentle cleanser (CeraVe or Cetaphil)
- Obtain an oral, over-the-counter antihistamine (e.g. Benadryl, Allegra, Claritin). This can be used as needed to relieve any itching you may experience.
 - Anti-itch creams may also be used: Sarna Sensitive Anti-Itch Lotion, Gold Bond Intensive Healing Anti-Itch Cream, or Aveeno Anti-Itch Concentrated Lotion.
- Expect to be at the office for up to 3 hours for a complete treatment. Your visit will include the consenting process, photography, pain management, laser procedure with instructions on wound-care management, and scheduling your follow-up appointment.

If you have any concerns following your procedure, page Dr. Khorasani's Fellow by calling (917) 205-3208.