



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE & SKIN CARE REGIMEN FOR FRAXEL DUAL

[1550 / 1927]

HOW TO PREPARE FOR TREATMENT

- Avoid medicated and/or active products for 5 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapson, acne products, or precancer treatments as directed by your provider.
- If you are currently taking blood thinners, you may experience more bruising. If approved by your doctor, please stop one week in advance of procedure.
- If you opt to take any medications for pain relief prior to the treatment, you will need to arrange to be driven home.

WHAT TO EXPECT

These temporary changes are normal and expected after a Fraxel Dual treatment:

- Heavy redness and swelling for the first 3-5 days. Sleeping in an upright position for the first 2-3 nights can help to reduce swelling. Your provider will discuss the following options for reducing swelling:
 - **Cool Compress:** Compress should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
 - **Arnica:** You may purchase [Homeopathic Arnica](#) from the office or online. Arnica supplementation prior to and/or after treatment can reduce both bruising and swelling.
 - **Over the counter non-drowsy antihistamines** such as Claritin, Allegra or Zyrtec.
 - **Prescription for Prednisone 30mg** for 3 days PRN swelling. (Dependent on medical history)
- Peeling and scaling may occur 3-14 days after the treatment. **It is important you do not expedite this process.**
- Skin texture will feel rough, like sandpaper, for up to 2-3 weeks post treatment.
- Redness and pinpoint bleeding on the treatment areas are normal skin responses to Fraxel and typically resolve within 3-4 days, although sometimes can take up to 2 weeks.
- Treated areas may feel warm to the touch for a few days post treatment.
- LED light treatments stimulate collagen and can expedite recovery time after a Fraxel treatment. Please inquire if you are interested in learning more about LED treatments.

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WHAT TO AVOID

- Avoid exercise that promotes excessive sweating for 3-5 days after treatment
- Do not pick, forcefully rub or exfoliate any of the treated area until fully healed. Doing so may cause scarring.
- Avoid exposure to sunlight. Your skin is more sensitive to sunlight post Fraxel. Exposure to direct sunlight can result in uneven pigmentation; therefore, it is vital to protect your newly treated skin from the sun.
- Avoid medicated and or active products until skin is fully healed - typically at least two weeks (listed above in HOW TO PREPARE)
- Do not schedule hair treatments within 10 days post peel (hair dye, relaxers, perms or any chemical procedure).

HOW TO CARE FOR SKIN

- Keep treated areas clean to reduce the chance of infection by using a mild cleanser twice daily.
- If you experience any scabbing or crusting of the skin apply Aquaphor over the affected area. It is important to keep the crusted areas moist; apply ointment several times throughout the day and before bed.
- For intense itching, you may use a white vinegar soak by mixing 3 tablespoons of white vinegar in 16 oz. of chilled sterile water. Soak a clean washcloth with vinegar solution and apply to face for 5-10 minutes. Gently rinse skin with sterile water. You may use this soak 3 – 4 times a day, as needed.
- Sunscreen with SPF 30+ with physical block (zinc oxide, titanium dioxide) should be used daily during post treatment and beyond. Colorscience [All Calm](#) sunscreen or [Oxygenetix](#) Foundation may be used to cover redness starting the day after the procedure and applied as the last step in your post care regimen.
- Wear a hat and other protective wear over treated areas.
- If antibiotics for breakouts or antiviral medication for cold sores were prescribed, take as directed.
- Be mindful of seatbelts, purse straps, etc. that may rub against treated areas for 7 days.

If you notice any yellow crusting, blisters, active bleeding, cuts on the treatment area, pigment changes (lighter or darker than your usual color), acne breakouts, cold sores, or any other concerns, please contact the office.

SUGGESTED SKIN CARE ROUTINE FOLLOWS ON NEXT PAGE.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.



POST TREATMENT SKIN CARE ROUTINE FOR FRAXEL DUAL

A strong topical care routine greatly increases the efficacy of your Fraxel treatment, enhances results, prevents complications, and protects your investment.

Resuming your usual skin care regime is different for each person. Wait to begin using your active/medical topicals until the area is fully recovered, typically at least 2 weeks. Start slowly and build up to your old routine as your skin will be sensitive.

All recommended products may be purchase in office or online at: weloveskinstore.com

ORDER OF PRODUCTS	<i>Your provider will help you determine which products are most ideally suited to your skin.</i>
CLEANSER AM & PM <i>You may resume use of your Foreo Cleansing device 1-2 weeks post-treatment.</i>	<input type="checkbox"/> Obagi Gentle Cleanser <input type="checkbox"/> Obagi Foaming Gel <input type="checkbox"/> Neocutis Gentle Cleanser
TREATMENT SPECIFIC	<input type="checkbox"/> TNS Advanced+ Serum <input type="checkbox"/> Skinceuticals CE Ferulic <input type="checkbox"/> BACD Calming Cream
MOISTURIZER AM & PM <i>Apply 3-4x/day tapering to 1-2x/day as area heals</i>	<input type="checkbox"/> Skinmedica TNS Ceramide <input type="checkbox"/> Neocutis Bio Gel (contains growth factors) <input type="checkbox"/> Neocutis Bio Cream / Riche (contains growth factors) <input type="checkbox"/> BACD Ultra Lite Moisturizer <input type="checkbox"/> BACD Fortified Moisturizer
SUNSCREEN AM 30+ SPF with <i>physical</i> blocker	<input type="checkbox"/> Elta MD Clear 46 / 41 / 40 / 50 <input type="checkbox"/> Obagi SunShield 50 <input type="checkbox"/> TiZo Tint SPF 40
RX AS DIRECTED	<input type="checkbox"/> Antiviral <input type="checkbox"/> Antibiotic <input type="checkbox"/> Arnica <input type="checkbox"/> Heliocare <input type="checkbox"/> Niacinamide <input type="checkbox"/> Prednisone

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