



## BAY AREA COSMETIC DERMATOLOGY

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LIGHT  
OR  
MEDIUM

### PRE & POST CARE FOR FRAXEL RE:PAIR [ FRACTIONAL ABLATIVE, CO2]: LIGHT OR MEDIUM TREATMENT

#### WHAT IS FRAXEL RE:PAIR TREATMENT?

Fraxel Re:pair is a resurfacing laser used to reduce age spots, soften wrinkles, and improve overall skin complexion. Although these treatments require downtime and adherence to a comprehensive post care regimen, our patients find the beautiful skin they're able to achieve worth the effort. **Please review this document in its entirety before treatment and reach out to your provider with any questions.**

#### HOW TO PREPARE FOR TREATMENT

- Stop any Retinoid (Tretinoin, Retinol, Isotretinoin) products 5 days prior to procedure. Continue all other skincare as directed.
- Do not schedule hair treatments within 10 days post treatment (hair dye, relaxers, perms or any chemical procedure).
- If you plan on taking any pain relief medication during the appointment, please coordinate a ride home as you will not be able to drive.

#### SKIN MAINTENANCE PRODUCTS [ All available for purchase on day of your appointment ]

The following products have been selected by our providers as the most gentle and effective for healing and collagen synthesis:

- [Obagi Gentle Cleanser](#)
- [Neocutis BioCream](#)
- [Neocutis Lumiere Eye Cream](#)
- [Isdin Photo Eryfotona \(SPF 50\)](#)
- [SkinFix Ointment](#)
- [Alastin Regenerating Skin Nectar](#)
- [BACD Antibacterial Wound Ointment](#)
- Acyclovir Tablets

**The following post-care items will be supplied to you the day of your appointment:** Vicodin and/or Valium (for pain relief).

#### Optional Products [ Can be used starting on Day 4 after treatment ]

- Colorescience [Flex](#): provides SPF 50 and extra coverage for skin redness.
- Colorescience [Sunforgettable Brush](#): a convenient way to reapply sunscreen (SPF 50) every two hours to protect the new layers of skin.
- [Oxygenetix](#) Foundation: available in three shades, this breathable product provides complete coverage of redness and disguises flakiness.
- [GliSODin Anti-aging](#) oral supplement taken 3x daily helps protect skin from free radicals.

#### DAY OF TREATMENT

- To prevent infection, begin the following medications the day of appointment and continue for 7 days:
  - Take Acyclovir tablets by mouth twice daily.
  - Using a Q-tip, apply BACD Antibacterial Ointment (Mupirocin) to the inside of each nostril twice daily.
- Eat a full meal prior to the procedure and plan to be in the office for at least three hours.

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- Wear a soft bra and shirt that does not dig into skin if doing neck or chest treatment.
- Due to in-office pain medications taken the day of the procedure, you will check out *prior* to the procedure and will be expected to have coordinated a ride home.
- Purchase the recommended products for post care.

## WHAT TO EXPECT

### POST TREATMENT

- The normal response to this procedure is swelling, which is temporary.
- Keep head elevated above chest at all times, especially while sleeping, to help reduce swelling and pain.
- Do not shave your face until Day 5 post treatment.
- If the neck or chest is treated, continue to wear only soft bras and shirts and be mindful of seatbelts, purse straps and other items that may rub against your skin for 7 days.

### MANAGING DISCOMFORT

- For itching, you can take Claritin 10mg during the day, Benadryl 25mg –50mg at night.
- For intense itching, in addition to the oral medications above, you may use a white vinegar soak.
  1. Mix 3 tablespoons of white vinegar in 16 oz of chilled tap water.
  2. Soak a clean washcloth and apply to treatment areas for 5-10 minutes.
  3. Rinse skin off gently with tap water. You may use this soak 3 – 4 times a day.
- For general discomfort: Tylenol 500 mg every 4 to 6 hours (as needed).
- As approved by your doctor, DO NOT take aspirin, ibuprofen, naproxen, or any medication that thins the blood as these medications can cause or increase bruising.
- There should be STRICT sun avoidance for the first three days after the procedure.
- DO NOT apply sunscreen due to the open nature of the skin during this time.

### POTENTIAL COMPLICATIONS

If you experience any of the following symptoms, immediately call **415.292.6350**. If you are calling after hours you will be provided with your provider's cell phone number.

Excessive swelling, sudden increase in pain or heat in the treated area, excessive and/or odorous drainage, fever, acne breakouts.

**PLEASE SEE NEXT PAGE FOR HOW TO CARE FOR YOUR SKIN AFTER TREATMENT.**



## HOW TO CARE FOR SKIN AFTER TREATMENT

### **DAYS 1-3** Day 1 is the first day *after* your treatment.

Practice strict sun avoidance for the first 3 days but do NOT apply SPF.

Avoid scratching, picking, or scrubbing the treated areas.

It is very important to maintain a clean, moist environment for your skin throughout the day.

MORNING: Cleanse & Apply Products		EVENING: Apply Products	
1.	Cleanse face with tap water.	1.	Apply a layer of Skin Nectar.
2.	Apply a thick layer of SkinFix.	2.	Apply a thick layer of SkinFix.
3.	Apply BACD Antibacterial Ointment to the inside of each nostril.	3.	Apply BACD Antibacterial Ointment to the inside of each nostril.

### **DAYS 4 – 8**

**Starting on Day 4**, you are welcome to schedule a complimentary LED treatment to stimulate collagen and expedite recovery time. Please call the office at least 2 hours before you wish to come in to reserve an appointment.

MORNING: Cleanse & Apply Products		EVENING: Cleanse & Apply Products	
1.	Cleanse face with Obagi Gentle Cleanser	1.	Cleanse face with Obagi Gentle Cleanser
2.	Apply Neocutis Lumiere Eye Cream to eye area.	2.	Apply Neocutis Lumiere Eye Cream to eye area.
3.	Apply Neocutis BioCream to full face.	3.	Apply Neocutis BioCream at night to full face.
4.	Apply Isdin SPF to full face.	4.	Finish with a thin layer of SkinFix Ointment.
5.	Finish with a thin layer of SkinFix Ointment.		



## **DAYS 9 AND BEYOND**

- By this point, the treated skin should be healed. Some itchiness and dryness can still occur and will gradually clear completely. You may also appear slightly pink for 4-6 weeks.
- Protecting your new skin from the sun is vital!
  - Continue to use Bio Cream and Isdin SPF on a daily basis. It is important to reapply every 2 hours, especially if outdoors.
  - Wear a wide-brimmed hat outdoors. We have different styles of hats from San Diego Hat Company if you are interested in purchasing from our office.
  - Avoid direct sun exposure, especially 10AM-2PM when the sun's rays are most intense.
- Any topical Retinoids or glycolic products should be avoided for 2-3 weeks after treatment or as advised by your provider.

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*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.