



BAY AREA COSMETIC DERMATOLOGY

tel (415) 292-6350 | fax (415) 440-6356 | weloveskin.com

SCARS
AND/OR
STRETCH
MARKS

PRE & POST CARE FOR FRAXEL RE:PAIR [FRACTIONAL ABLATIVE, CO2] : SCARS AND/OR STRETCH MARKS

WHAT IS FRAXEL RE:PAIR FOR SCARS OR STRETCH MARKS?

Fraxel Re:pair is a resurfacing laser we often use to help the appearance of scars and stretch marks. The treatment creates microscopic wounds in the top layer of your dermis to stimulate the growth of new, healthy skin thereby improving both new and old scars and stretch marks. More than one treatment is often needed to achieve optimal results. **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).
- Please let your provider know if you have a history of cold sores or herpes simplex in the area to be treated as treatment may provoke an outbreak. We can pretreat with an oral RX at the time of appointment.
- Pain and/or relaxant medication is not typically needed for these treatments, however if you elect to take any, please coordinate a ride home after treatment as you will not be able to drive.

SKIN MAINTENANCE PRODUCTS [You may purchase from office day of treatment.]

- [SkinFix Ointment](#)
- [Isdin Photo Eryfotona \(SPF 50\)](#)
- [SkinMedica Scar Recovery Gel](#) (if treating scars)
- Topical or oral Tranexamic Acid to prevent hyperpigmentation (TBD by your provider)

HOW TO CARE FOR SKIN AFTER TREATMENT

DAY OF TREATMENT

- Wear loose-fitting clothing to your appointment that you won't mind getting ointment on.
- Wear a soft bra and shirt that does not dig into skin if doing neck or chest treatment. Be mindful of purse straps, seatbelts, or any other item that could potentially cause friction to areas.
- Do not shower or exercise.
- Take it easy!

DAYS 1-3 AFTER TREATMENT

- You may shower starting the day *after* your treatment.
- If treating scars, apply a thin layer of SkinMedica Scar Recovery Gel over the treated area twice per day.
- Apply a thin layer of SkinFix Ointment to the treated area twice per day.
- For scars and if instructed, cover with Telfa bandage.
- Do not exercise. Light walking is ok.
- Wear loose-fitting clothing.
- If you had a neck or chest treatment, continue to wear soft bras and shirts and mind straps.

CONTINUED ON NEXT PAGE



DAY 4 AFTER TREATMENT

- You may resume normal skincare.
- Apply SkinFix Ointment twice daily if your skin is dry or itchy.
- If treating scars, continue application of SkinMedica Scar Recovery Gel over the treated area twice per day until product is exhausted.
- Further exercise limitations will be determined per your provider and area treated.
- If you had a neck or chest treatment, continue to wear soft bras and shirts and mind straps for 7 days post treatment.

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 treated area
- Excessive and/or odorous drainage
- Fever
- Onset of acne breakouts

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.