



Fraxel Laser Pre & Post-Care Instructions

PPSD wants to provide you with the best possible result following your treatment. You can help to minimize the risk of complications by carefully reading and following your post-treatment care instructions. Ask us to clarify any item about which you have questions.

Pre and Post Care Instructions

- Avoid for the first 24 hours: all make-up and sunscreen.
- Avoid direct exposure to the sun for 2 weeks. If sun exposure is expected, Apply an SPF 40 or higher beginning 24 hours post-treatment. Sunblock helps to prevent pigmentation changes until the lesion is healed. Sunblock helps to prevent pigmentation changes until the lesion is healed.
- Avoid self-tanners.
- Stop the following treatments ONE WEEK prior to procedure: Retinol, Retin-A, Glycolic Acid.
- If you have ever been treated for Herpes Simplex Virus, notify your provider. Your provider may prescribe a medication you will need to take one day prior to treatment.
- Follow the pre-treatment regimen recommended by your provider.
- Avoid strenuous exercise, spa, and sauna for 7 days post treatment.

General Skin Care and Precautions Following Treatment

- Cleanse the area twice daily with gentle cleanser and gently pat dry. Do not rub with a towel or washcloth as the area is extremely delicate while the bruising /red discoloration (purpura) is present.
- Follow the post-treatment regimen recommended by your provider including moisturizers.
- Do not rub, scratch, or pick at the treated area.
- Any discomfort you may have immediately following treatment can be relieved with acetaminophen (Tylenol).
- After the red discoloration disappears, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for up to 3-5 months. This is rare but if it occurs, use a broad-spectrum UVA/UVB sunblock SPF 40 or greater on the area until the normal color returns.