

## **Fraxel Dual Pre-Treatment Checklist**

### **2-4 Weeks**

- ⊗ Meet with esthetician to discuss procedure
- ⊗ (Optional) Begin taking Vitamin C 1000 mg 2 x a day
- ⊗ (Optional) Begin taking Arnica Montana 30x 4 pills 3-4 times a day (dissolve sublingual)
- ⊗ Start a skin care regimen with Retinol + Hydroquinone

### **1 week prior to procedure**

- ⊗ Stop taking any Aspirin, Motrin, Ibuprofen, or Advil as this can cause more bleeding and bruising. Tylenol is okay to use.
- ⊗ Fill your prescriptions

### **2 days prior to procedure**

- ⊗ Begin taking Valtrex 500 mg 2 x a day with food and will continue for 4 days post treatment for a total of 6 days. This is to prevent cold sores even if you do not have a history of cold sores.

### **1 day prior to procedure**

- ⊗ Eat some fresh pineapple (This helps decrease bruising and excess inflammation)

### **1 hour prior to procedure**

- ⊗ Take one Valium 5 m when you get to the office for numbing
- ⊗ If you have an allergy to these, please let us know! You will need a driver if you take these.

### **Day of Procedure**

- ⊗ Eat a meal!
- ⊗ Shower and wash your face with an antibacterial soap and wash your hair
- ⊗ Wear an old button down shirt
- ⊗ For Ladies
  - ★ NO make-up or lotions (lipstick, blush, mascara, powder, etc)
  - ★ NO hair products (hairspray, gel, etc)
  - ★ NO jewelry
  - ★ NO perfume
- ⊗ For Men
  - ★ MUST shave areas to be treated the morning of procedure

### **Post Procedure**

- ⊗ Avoid any aggressive exercise program for at least one week.
- ⊗ A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur 2-3 weeks post-treatment. These symptoms are not unusual and can be easily resolved. Contact our office if this occurs and we will provide you with a Minocycline prescription.
- ⊗ Sun protection is extremely important pre and post treatment.
- ⊗ We encourage a quality skincare regimen to maintain your results and to help prevent future damage. A skincare consult is recommended 1 week post treatment.

***“If you do what you always did, you get what you always got.”***

**If you take Valium or pain medicine, you must have a driver for pick-up. They are welcome to come and watch the procedure. (Please provide us with a contact number for your driver)**

## **Fraxel Dual Post-Treatment Checklist**

### **During the procedure**

- ⊗ Your eyes will be covered with protective shields or goggles during the treatment. The laser could cause direct eye injury in the absence of these precautions.
- ⊗ Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary during the procedure and localized within the treatment area.

### **Immediately after procedure**

- ⊗ The areas we treated will feel hot like a sun burn for the first 2-3 hours.
- ⊗ Cold compresses with frozen washcloths will be applied to help alleviate this discomfort. Frozen peas at home wrapped in a towel will also help.
- ⊗ Direct the air-conditioning at the treated area to increase cooling once you get in your car.

### **First 2-4 hours and day of treatment**

- ⊗ Go Home and Rest!
- ⊗ You can now take Ibuprofen or Aspirin if necessary.
- ⊗ Continue to apply cold compresses, but avoid direct application of ice to the skin
- ⊗ Once the intense heat subsides (usually 2-3 hours), apply Biafine to aid in wound healing and the SkinMedica Restorative ointment as a “light glossing” over the treated skin.
- ⊗ Sleep with your head elevated on pillows to minimize swelling the first few days. You may want to place a towel over your pillow to protect it from the ointment

### **Day 1 (First day after treatment)**

- ⊗ You may shower today, but avoid hot water and avoid fragrance products
- ⊗ WASH AND APPLY:
  - ★ Gently wash face with tepid water and a gentle cleanser (SkinMedica cleanser)
  - ★ Immediately apply Biafine and SkinMedica Restorative ointment anytime you wash your face (Repeat this 3 times a day)

### **Day 2**

- ⊗ Expect skin to feel like sand paper, and be flaky. You may also start to get swollen and a bit red as if wind burned. Possible itching may begin this day. OTC Hydrocortisone 1% may help with the itching
- ⊗ You may notice pepper like flakes where pigment has been treated
- ⊗ Oral Benadryl, Claritin or Zyrtec can also help with the itching
- ⊗ Continue to wash and apply ointment 3 times per day

### **Day 3**

- ⊗ The central part of the face will start to exfoliate leaving behind soft pink skin
- ⊗ Continue to wash and apply ointment 3 times per day

### **Day 4-7**

- ⊗ Itching should have subsided by today
- ⊗ Continue to wash and apply ointment. You may be able to start using SkinMedica Ceramide cream at this time 2-3 times per day once cleared by Dr. Foad
- ⊗ You can start the SkinMedica Recovery Complex (red serum) if you have that: Apply 1 x a day
  - Pattern of application: Biafine => Recovery Complex => Restorative ointment
- ⊗ You can switch to a non-occlusive moisturizer on day 6-7, spot treat dry areas with the ointment as needed
- ⊗ Start using a sunscreen with either Zinc Oxide or Titanium Dioxide when going outside (We like Elta MD 41 or SkinMedica Environment Defense SPF 30 sunscreen)

### **Days 7+**

- ⊗ Avoid excess sun exposure for up to 4 weeks. Wear a hat or protective clothing
- ⊗ You can wear a mineral make-up. You can return to your exercise program

## **The Big No-No's**

- ★ **DO NOT SMOKE!**
- ★ **DO NOT PICK OR SCRATCH!!!** Allow your skin to gently exfoliate with the gentle washing.
- ★ **Do Not over expose your skin to the sun at least 2 weeks prior to the procedure. Tanning is not advised at least 4-6 weeks prior to treatment. We reserve the right to cancel treatment if you are too tan**
- ★ **Do Not consume alcohol the day of the procedure as this will increase inflammation and discomfort**
- ★ **Avoid direct sunlight and wear a hat for first 2 weeks to prevent hyperpigmentation of the treated skin**
- ★ **No Lifting, straining or strenuous exercise**
- ★ **Avoid any harsh products or topical exfoliation (Retin-A, Peels) for 4 weeks. The surface of your skin is brand new and needs to normalize before you use any of these products. Think of it like “baby skin”**
- ★ **Do Not Panic- the first 2-3 days can be a little disconcerting, but the redness will subside and your skin will look younger and fresher**

**Please call us with any concerns (513) 984-4800**

## **Patient Shopping List**

The following will be given to you the day of treatment:

- Wound healing agent:**
  - Skin Medica Recovery Complex or Biafine Emulsion
- Gentle Cleanser:**
  - Skin Medica Cleanser
- Occlusive ointment:**
  - Skin Medica Restorative ointment
- Non-Occlusive moisturizer:**
  - Skin Medica Cermaide treatment
- Sunblock:**
  - Skin Medica sunscreen or Elta MD 41
- Head band to keep hair out of treated area**
- Cool compresses- Towels**

Things you may need to purchase:

- Mineral Make-up: Glo Minerals-** We have a medical mineral make-up that our esthetician will discuss with you 1 week after treatment
- Hat to protect areas from sun exposure**
- Fragrance free detergents, and no fabric softener**
- Pineapple**
- Medications**
  - ★ Valtrex
  - ★ Zithromax
  - ★ Valium and Percocet
  - ★ Benadryl, Claritin or Zyrtec for post-treatment itching
  - ★ Bacitracin ointment