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Fraxel

What to Expect Post-Treatment

- **Swelling:** You will notice swelling. The most swelling will be the morning after treatment, particularly under the eyes. This can last for a couple of days. To minimize swelling, you can apply cold compresses and sleep elevated the first night. You can also take over the counter antihistamine to help reduce the swelling
- **Redness:** You will be red after treatment. The redness could last for up to a week or longer after treatment, but you can apply makeup to cover this.
- **Peeling/Flaking/Dry Skin:** Your skin may be itchy, dry, and scaly with a sandpaper/coffee ground texture. This is normal; it is the process of new skin regeneration. Avoid scratching or exfoliating the skin. You can take over the counter antihistamine to reduce any itching.
- **Bronzing/Dark Spots:** Some bronzing of the skin and darkening of spots may occur after treatment. These will shed.
- **Raw Areas:** You may develop areas of raw skin. Keep these areas moist with Aquaphor or Bacitracin and do not pick them. They will heal quickly on their own.
- **Papules/Pimples:** It is normal to develop small papules post-treatment. If this occurs let us know and we can give you treatment advice.

Post-Treatment Skincare

- **Avoid Excessive Heat:** For 2 days post-treatment avoid partaking in activities that heat up your skin such as going in a hot tub/jacuzzi/sauna, or strenuous exercise.
- **Skin Care Products:** All skincare products should be non-irritating and non-clogging for the first week. You may wash and moisturize your face as normal using these gentle products. Please avoid using harsh topicals such as retinols/retinoids, glycolic acid, scrubs, bleaching creams (hydroquinone), and toners until your skin is healed.

- **Vinegar Solution:** Cleanse face with your provided vinegar solution twice daily until your skin is healed.

- **Sunscreen:** Avoid direct sunlight for 4-6 weeks after treatment. Wear a broad-spectrum (UVA + UVB) physical (containing at least 5% zinc or titanium) SPF 30+ sunscreen every day during the healing process and after treatment to protect your investment.

If you have any questions or concerns, we are here for you. Call or text our office at 415-839-8118.