

Fraxel Dual

What to expect before, during and after your procedure

Before your procedure:

- This procedure is for treatment of sun damage: it evens out discoloration and gives the skin a fine, polished texture.
- This procedure is done in our Clinic.
- You may require a 1-hour Phone Pre-operative appointment prior to procedure to prepare. Medication may be ordered at this time.

During your procedure:

- Topical numbing cream will be applied to the skin surface 30-60 minutes prior to procedure.
- There will be multiple passes made over the skin surface with the laser handpiece.
- The sensation of heat (like grease "splattering") increases with each pass of the laser handpiece.
- Cold air is applied directly to skin surface as it is being treated to help decrease sensation of heat.

After your procedure:

- Various soothing and protective products will be applied to the skin surface after your procedure.
- The sensation of heat/intense sunburn will subside throughout the day. You may take Tylenol or Ibuprofen as needed.
- Redness and swelling are **NORMAL**. Redness and swelling typically peaks at 48-72 hours and could last up to 1 week or more. To help minimize swelling, sleep with your head slightly elevated for the first 3 nights. Antihistamines (Claritin, Allegra, Zyrtec) will also help to decrease swelling.
- Application of ice packs (10 min. on and 10 min. off) on the day of procedure and the following day will help reduce the sensation of heat and help minimize swelling.
- It is OK to shower from the shoulders down on the day of the procedure but **DO NOT WASH YOUR FACE UNTIL GIVEN THE OK BY YOUR PHYSICIAN**. A gentle cleanser **MAY OR MAY NOT** be recommended to you. **DO NOT** use a washcloth on your skin until your Physician approves.
- **NO RUBBING, PICKING OR WIPING THE TREATMENT AREA**. Doing so could lead to prolonged redness, infection, and injury to the skin.
- Superficial, grainy crust is normal and could last up to 1 week.
- Apply ointment or moisturizer as often as needed to help with dryness. Your Physician may recommend a specific product.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect the treated area from the sun both indoors and outdoors (hat, sunglasses, sunscreen). Reapply sunscreen every 2 hours.

- **DO NOT** apply make-up until you have peeled, and your Physician approves.
- Multiple treatments may be necessary to achieve desired results.
- Follow any additional post treatment instructions given by your Physician.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____

