

Fraxel Laser Pre Treatment Guidelines

DAY OF TREATMENT

- You will be here for approximately 2-3 hours depending on the area(s) treated
- For face/neck procedures: arrive without make up, if possible do not wear contact lenses and wear a loose fitting comfortable shirt
- · For non-facial/neck procedures, wear clothing that does not constrict the treatment area

PRIOR TO DAY OF TREATMENT/MEDICATIONS

- Stop use of the following 2 weeks prior to treatment Retinols including Retin A, Tazorac, "anti-aging products", Salicylic acid products
 Tanning or sun exposure
 Other non-ablative laser treatments
 (i.e. IPL, Hair Removal, etc.)
- Stop use of the following 7-10 days prior to treatment WaxingAbrasive scrubsMicrodermabrasion Treatments
- You need to <u>stop</u> taking Aspirin[®] or other pain medication such as Motrin[®], Celebrex[®], Aleve[®], and Ibuprofen, 10 days before the procedure
 You may take Tylenol[®] (acetaminophen) for pain
- Supra-therapeutic dose of Vitamin E, Fish Oil and other herbal supplements have been associated with increased bleeding risk. <u>Please let us know if you are on any herbal or non-prescription supplements</u>.
- Consider adding Alastin Skin Regenerating Nectar to your nighttime regimen 1 week prior to your procedure.
- <u>Start</u> taking Valtrex the morning before your treatment
 Take 1 tablet, every 12 hours the day before, the day of the procedure and the day after the procedure (unless otherwise instructed)

Have the following items ready for after your treatment:

- **Hairbands or ties.** Keeps hair off your face and neck. They should be soft and not too tight, as you may need to keep them on for 48 hours.
- Ice. Bags of frozen peas work well as ice packs.
- **Home environment.** Plan to avoid direct sunlight, even when indoors. Blinds and drapes are sufficient. Vacuum the bedroom and launder linens to cut down risk of infection. Do not allow pets to interact with the treatment area.
- Sunblocks with SPF 30+. Once the skin is healed, you will be instructed to apply sunscreen daily for 3 months
- **Clothing.** Plan to wear clothing that will not rub or irritate the treated area. For example, a strapless bra is advisable after treatment of the chest area.