

How to Care for Your Skin After Fraxel Treatment

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Fraxel® DUAL 1550/1927 laser treatment. Now it is important to help your skin heal quickly and maintain the improved results.

Your after treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

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		thin layer of a healing ointment (i.e. Alastin s alleviate the heat sensation. You may also	
	few days. Once the sloughing starts, pleas	a mild cleanser and moisturizing over the next e allow your skin to heal and DO NOT scrub, from treated body parts as much as possible	
	First Week of Healing. Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun. Do not exercise for at least 48 hours after the procedure.		
	Skin Care Products. All of your skin care products should be non-irritating and non-clogging for the first week or so after a Fraxel treatment. The Alastin Procedure Enhancement Kit includes products to enhance and promote healing at a discounted price.		
	AM & PM Routine	Suggested Products	
	Cleanse skin with mild cleanser	MGMD [®] Antioxidant Green Tea Cleanser or Alastin Cleansing Cream	
	Apply Anti-inflammatory	MGMD [®] Antioxidant Green Tea Cream +/or Alastin Regenerating Skin Nectar	
	Apply Moisturizer	Aquaphor +/or MGMD [®] Barrier Repair Cream	
	Apply Moisturizing Sunscreen (after exfoliation complete, AM only	Alastin SilkSHIELD All Mineral Sunscreen	



If you choose to use drugstore brands, examples of OTC brands that offer very gentle and inexpensive products that are ideal to use: Aveeno [®] , Neutrogena [®] , Cetaphil [®] and Aquaphor [®] .	
Sunscreen. It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again, immediately before if possible. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color). We recommend MGMD® Sheer Effect which is a chemical free, moisturizing physical sun block with 12% zinc oxide. It also comes as a Tinted version.	
Moisturizer. Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Reapply whenever your skin feels dry.	
Bleaching Creams. Discontinue use of your bleaching cream while your skin is tender.	
Restart your bleaching cream on:	
Scrubs, Toners, Glycolic Acid, and Retin A. Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. <i>Read the product labels</i> .	
Normal Skin Care Regimen. Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you. Usually this is one week after the procedure.	
Cold Sores. If you have a history of cold sores, ask Dr. Grodberg about antiviral medication.	
Abnormal Healing. If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us as soon as possible.	
Other Instructions:	
Questions/Concerns. Post-treatment healing varies from patient to patient.	

If you have any questions or concerns, please contact the office at 201 567-8884.