



**Gainesville Dermatology  
Aesthetic Center**

## Post-Op Instructions for the Fraxel® Laser

Congratulations on taking a major step in improving the quality of your skin! Here are a few tips to help maximize your results.

Some patients may experience some mild discomfort after the procedure that is often described as a tightness or irritation much like a sunburn. This feeling general dissipates within the first few hours after treatment. You may also experience some mild swelling after the procedure. You may use Tylenol or ice packs to relieve this mild discomfort. To minimize bruising, it is recommended to **avoid Aspirin** or Aspirin-like products (including **Ibuprofen**) for the week after the treatment. You may also choose to **limit any physically strenuous activities** for the first three days after the treatment as this may increase blood pressure to your skin and result in tiny areas of bruising.

Very rarely, patients may experience tiny blisters or pustules after the treatment. Do not pop these blisters, but let them go through their normal healing process, being sure to keep them moist with Vaseline jelly should they become crusty.

Some patients are able to return to routine activities, including work and social obligations, the day after treatment. Others require a little more time, depending upon their skin condition and treatment.

Your skin will have a pinkish tone for 3 to 7 days followed by a mild bronzing that may last 3 to 14 days. Flaking is similar to that of minor sunburn. Do not exfoliate, scrub or peel the flakiness away. Some patients may experience facial swelling that usually resolves with 48-72 hours.

You may apply make-up or shave soon after treatment much like you would after a sunburn.

You must use **a sunscreen** on your treated skin everyday during your treatments and avoid any unnecessary sun exposure. We recommend the use of a sunscreen that contains zinc oxide or titanium dioxide for maximum protection. Failure to protect your skin from the sun's rays may result in unwanted pigmentation that is often uneven.

Do not use any retinol or tretinoin containing products including Retin-A, Tazorac, Renova, or Differin during treatments, as these will tend to irritate the skin and increase peeling or flaking. If your provider has prescribed a bleaching cream for your skin, continue using this product during treatments.

Remember that although some improvements occur in the skin immediately, optimal improvement is usually visible in about **2 to 3 months** after a treatment, once the deep skin levels respond with the production of collagen and new healthy skin cells.

**Note: Please ask your provider about post-Fraxel skin care products for enhancement of your procedure and skin care maintenance.**