

MICHAEL M. PAPALIAN, MD

Plastic & Reconstructive Surgery

www.DrPapalian.com

Fraxel re:pair Instruction Sheet

Prior to your laser procedure

- Prior to your procedure, you will have your Consultation with Dr. Papalian.
- During your Consultation the correct treatment option will be decided upon considering your current findings, expectations and importantly your recovery allowances. Fraxel re:pair is not recommended for darker skin types (Fitzpatrick V and VI)
- During your consultation, you should discuss your current skin care regimen and plan for proper skin care after your laser treatment.
- Your medical condition will be reviewed. It is critical that you not be using topical or oral steroids (creams or pills), Retinoids (topical or oral) or Accutane within the last 6 months. If you have a history of “cold sores”, please let Dr. Papalian know.
- Patients on anti-coagulants cannot be treated. For patients on these medications, we will coordinate with your primary care doctor regarding the possibility of temporarily discontinuing these medications.
- Active tanning must be discontinued 2 weeks prior to your treatment.
- Smoking will increase your risks. It is imperative that you refrain from smoking prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 10 days before surgery.
- It is recommend that you avoid alcohol for 24 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 10 days preoperatively.
- You will be give instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your consultation.
- Hydration is important. Drink plenty of water.
- The day of your procedure, eat light.
- You should plan on a having a ride home from your treatment.
- You should ask questions and feel free to contact the office if you need any information.
- Have Ice Packs ready at home.

THE PLASTIC SURGERY CENTER ON WOODSIDE

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- Oral sedation and pain medication will be prescribed for you. Have your prescriptions filled at your local pharmacy and available for use just prior to your laser procedure. A list of medications and instructions will be given to you prior to your procedure.

Your Fraxel re:pair Procedure Day

- Eat light before your procedure. Do not eat a heavy meal.
- Your procedure will be performed in the office at The Plastic Surgery Center on Woodside.
- Please plan to arrive 1 hour and 15 min prior to your scheduled treatment time in order to allow the topical anesthetics and nerve blocks adequate time for numbing.
- Your procedure will be performed under topical anesthesia with nerve blocks.
- Oral sedation medication will be prescribed and can be taken prior to your procedure.
- Upon arrival you will be asked to wash your face with a mild cleanser. Do not wear make-up or contact lenses to the office.
- The topical anesthetic will then be applied and allowed to work for 60 minutes.
- Your procedure will last 45 minutes and then topical ointment will be applied.
- Strict AVIODANCE of sun exposure is ABSOLUTLY required for the first 4 days until sunscreen is used.
- Before you go home, make sure to discuss your post laser skin care program with Dr. Papalian.

Post Laser Instructions following Fraxel re:pair

- After your treatment you will experience some mild burning which is controlled with oral medication.
- For the first 2-4 days perform vinegar soaks every 4 hours or as needed. (Vinegar soak solution: 2 tablespoons distilled white vinegar + 16 oz. distilled water)
- Rinse your face gently with the vinegar solution, do not rub harshly, then apply Aquaphor ointment to prevent your skin from drying
- Keep your head elevated while resting for the first few nights. This helps reduce swelling and promote healing.
- Remember to finish all of your oral medication as prescribed.

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- Because the laser beam penetrates into the deep dermal layer, clear fluid (exudates) or blood may ooze onto skin. Crusting or scab may form if exudates or blood dries. Keeping treated area moist helps prevent crusting.
- Typically the skin is adequately healed to begin sunscreen. Sun avoidance and sunscreen use is mandatory following laser resurfacing.
- You will experience slight redness that is covered with make-up starting the 5-7th day following your procedure.
- You will notice swelling, particularly under your eyes, worst on the morning after your procedure. Swelling typically lasts 4-7 days.
- Avoid harsh irritating products on your skin for 14 days after your laser treatment.
- You may shower and wash your hair 48 hours following your procedure.
- After your laser procedure, you may resume your routine prescription medications. Except for steroids, retinoids, and blood thinners. If you take blood thinning medication, discuss your protocol with Dr. Papalian prior to your procedure.
- Most patients return to work in 5-7 days.
- Regular exercise can be resumed in 10 days.

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