

MICHAEL M. PAPALIAN, MD

Plastic & Reconstructive Surgery

www.DrPapalian.com

Fraxel re:store 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.
- 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.
- 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 may drive to and from your appointment
- Fraxel re:Store treatments are well tolerated. If you feel that you will require “relaxing” medication prior to your procedure, contact the office for a prescription.
- 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

2055 Woodside Road, Suite 150

Redwood City, CA 94061

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contact@drpapalian.com

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Your Fraxel re:store 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 anesthetic adequate time for numbing.
- Your procedure will be performed under topical anesthesia.
- Upon arrival you will be asked to wash your face with a mild cleanser. Do not wear heavy make-up to the office.
- The topical anesthetic will then be applied and allowed to work for 45 minutes.
- Your procedure will last 30 minutes and then Ice Packs will be applied.
- You will have sunscreen applied and then be discharged.
- Before you go home, make sure to discuss your post laser skin care program with Dr. Papalian.
- It is best to schedule your next treatment at the time of discharge. Patients average treatment interval is best between 4-8 weeks depending on your skin type. At the time of your consultation Dr. Papalian will review your specific treatment plan.

Post Laser Instructions for Fraxel re:store

- After your treatment you will experience some mild burning that is controlled with Ice Packs.
- You will be discharged from the office after an application of sunscreen.
- You will experience slight redness that is covered with make-up starting the following day.
- Upon your arrival home, use Ice Packs the remainder of the day.
- You may wash your face with a gentle cleanser, but do not rub vigorously.
- You will notice swelling, particularly under your eyes, worst on the morning after your procedure. Sleep with your head elevated the first night. Swelling typically last 2-3 days.
- Your skin may feel dry as the skin heals. Apply moisturizer.
- Sun avoidance and use of sunscreens is critical to avoid hyper-pigmentation (darkening of the skin.) Use a daily sunscreen SPF 30 or higher. Please contact the office if you have any questions regarding sun avoidance.

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- Avoid harsh irritating products on your skin for 10 days after your laser treatment.
- You may wear make-up (over your sunscreen) beginning the next day.
- You may shower and wash your hair the next day.
- After your laser procedure, you may resume your routine prescription medications. Except for steroids, retinoids, and blood thinners.
- Most patients return to work the following day.
- Regular exercise can be resumed in 48 hours

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