

## *Fraxel re:store and Fraxel re:store DUAL 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 and treatment level will be decided upon considering your current findings, expectations and importantly your **recovery allowances**. The large advance of the *Fraxel re:store* and *Fraxel re:store DUAL* is the ability to individualize the treatment.
- During your consultation, you should discuss your current skin care regimen and plan for proper skin care after your laser treatment. 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.
- Your medical condition will be reviewed. If you are pregnant or breast feeding you are NOT a candidate for *Fraxel re:store* or *Fraxel re:store DUAL* treatment.
- If you have a history of “cold sores” or peri-oral HSV, please let Dr. Papalian know. Medication can be prescribed to minimize the possibility of an outbreak following your treatment.
- For darker skinned patients, patients with melasma or a history of hyperpigmentation, medications will be discussed and prescribed to minimize the possibility of hyperpigmentation following your treatment.
- Active tanning must be discontinued 2 weeks prior to your treatment. Both sun tanning and tanning booths must be avoided for 2 weeks prior to your treatment.
- Do not have any laser or light-based treatments until your *Fraxel* treatment series is completed.
- Do not have microdermabrasion or “peels” for 2 weeks prior to your *Fraxel re:store DUAL* treatment. There is no need to “thin” the outer layer of skin prior to your treatment with the *Fraxel re:store DUAL*.
- Do not have any facial waxing for 2 weeks prior to your treatment.
- Do not use irritating skin-care products such as glycolic or salicylic acids and abrasive scrubs for 2 weeks prior to your treatment.
- Smoking will increase your risks. It is imperative that you refrain from smoking prior to your procedure.

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- Avoidance of Aspirin and Aspirin containing products is recommended for 7 days before surgery.
- It is recommended that you avoid alcohol for 24 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 7 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.
- *Fraxel re:store* and *Fraxel re:store DUAL* treatments are well tolerated. If you feel that you will require “relaxing” medication prior to your procedure, discuss this with Dr. Papalian during your consultation and medication can be prescribed for your comfort.
- You may drive to and from your appointment. If you require oral “relaxing” medications, please arrange for someone to drive you home.
- You should ask questions and feel free to contact the office if you need any information.
- Have Ice Packs ready at home. Ice gel packs will be provided to you for your trip home. Patients often have 2 bags of frozen peas at home for use as ice packs.
- Please make sure you leave enough time in your schedule to allow for a proper *Fraxel* treatment. You should plan on roughly 2- 2 ½ hours in the office, to allow for proper numbing, treatment and after care.
- After your treatment you will use non-clogging, non-irritating skin cleansers and lotions, such as Cetaphil. Plan ahead.

### 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.
- Do NOT wear make-up to the office, or be prepared to remove your make-up prior to your treatment. You may re-apply your make-up after your treatment, although most patients do not.

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- Please plan to arrive **1 hour and 30 min** prior to your scheduled treatment time in order to allow the topical anesthetic adequate time for numbing. If your schedule does not allow for numbing time in the office, please let us know and we can arrange to have you start the numbing process at home.
- If you were prescribed oral “relaxing” medication, take it upon arrival at the office, to allow time for its effect.
- Your procedure will be performed under topical anesthesia.
- Upon arrival you will be asked to wash your face with a mild cleanser and then alcohol. Do not wear heavy make-up to the office.
- The topical anesthetic will then be applied and allowed to work for 1 hour and 15 minutes.
- Your procedure will last 30 minutes and then a soothing treatment mask and 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 and review your written post treatment instructions. Please ask any question that you may have.
- It is best to schedule your next treatment at the time of discharge. The average treatment interval is best between 3-8 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

- You will be discharged from the office after an application of sunscreen.
- After your treatment you will experience some mild burning that is controlled with Ice Packs.
- You will experience slight redness that is covered with make-up starting the following day, if you so desire.
- Upon your arrival home, use Ice Packs the remainder of the day. Patients commonly use bags of frozen peas as ice packs.
- Some patients benefit from Benadryl and Ibuprofen for the first 24-48 hours. It is acceptable to use these over-the-counter medications.
- The first night you should sleep with your head elevated on several pillows to minimize swelling. Protect your linens with a towel over your pillow.
- You may wash your face with a gentle cleanser, such as Cetaphil cleanser, but do not rub vigorously.

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- You will notice swelling, particularly under your eyes, worst on the morning after your procedure. Swelling typically last 1-3 days, depending on the aggressiveness of the treatment.
- Your skin may feel dry as the skin heals. Apply non-clogging and non-irritating moisturizer, such as Cetaphil lotion and sunscreen several times per day.
- Sun avoidance and use of sunscreens is critical to avoid hyperpigmentation (darkening of the skin.) Use a daily sunscreen SPF 30 or higher. Please contact the office if you have any questions regarding sun avoidance.
- Avoid harsh irritating products on your skin for 10 days after your laser treatment.
- 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 in 1-3 days, depending on the extent of your treatment.
- Regular exercise can be resumed in 48 hours.
- Please contact the office should you have any questions.

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