

Fractional Resurfacing (FRAXEL)
Treatment Sheet
DermLaser Institute of Dallas

DURING

- 1) Your skin will be prepared with a variety of cleansers by the medical assistant or aesthetician.
- 2) After cleansing, an anesthetic gel will be applied to the skin for 30-60 minutes.
- 3) The physician will perform the **Fraxel** treatment on your face or other body area(s) as indicated. (You will experience a moderate burning sensation while the laser is being passed over the skin.)
- 4) The areas will be pink and slightly swollen and you may experience a warm sensation (similar to a sunburn) following the procedure.
- 5) Ice packs will be provided for your comfort.

AFTER

- 1) Once at home, apply an ice pack as needed to reduce swelling and discomfort.
- 2) Cleanse your skin very gently twice a day with a mild cleanser such as **Cerul Sensitive Cleanser, Cetaphil, or Cerave**, and gently pat dry with a soft towel.
- 3) After cleansing, application of hydrating and healing products are recommended, such as **Avene Mineral Mist (apply 4-5 times per day), Remergent DNA repair and Cerul Hydration Cream**. The skin may begin to tighten and appear "bronzed" on the second or third day following the treatment. The hydrating/healing process preparations can be applied as often as needed during this time.
- 4) In some instances, small areas may appear raw after treatment. If this occurs, Vaseline Petroleum Jelly should be used at least 3 times daily until completely healed.
- 5) **Avoid** the use of active skin products (retinoids, Vitamin C, alpha hydroxy acids) while you are healing from **Fraxel** treatment. You may resume the application of these products approximately 1-2 weeks after treatment.
- 6) Although makeup can be applied while healing (if no raw areas are present), avoid rubbing or exfoliating your skin until it is completely healed from **Fraxel** treatment. Excessive manipulation can prolong the final healing process.
- 7) Avoid excessive sun exposure during the course of **Fraxel** treatments. A sun block should always be worn (ask us for specific recommendations) because the new skin is very sensitive and susceptible to injury.

Please contact the office at **(214)373-7546** if you have any questions about **Fraxel** or would like to schedule your Fraxel treatment.