



## **Fraxel Dual Laser Treatment**

Fraxel Dual treatment uses pinpoint laser beams that penetrate beneath the skin's surface to eliminate old, damaged skin cells and improve wrinkles, scars, and the appearance of sun damaged skin. Treatments can be done on the face, neck, and chest. For best results, you may require multiple treatments which is discussed during your consultation.

### **How should I prepare for the treatment?**

- Avoid extreme sun exposure for one month prior and post treatment.
- Avoid retinoid products, and glycolic acid products for 1 week prior to treatment.
- Notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions on the day of the treatment.
- Shave the treatment area if there is hair. If you have a beard, trim to what would be equivalent to a "2 day shadow."

### **What should I expect after treatment?**

Patients like Fraxel Dual due to its tolerability with great efficacy as compared to traditional resurfacing (such as CO2 lasers). The intensity and duration of your side effects depend on the treatment aggressiveness and your individual healing characteristics, generally lasting for up to one week. Patients can expect on average 2-3 days of redness and 4-7 days of a "sandpaper" feeling or dryness of the skin.

### **What will I look like after treatment?**

- Immediately after the treatment, you will experience redness, swelling and sometimes pinpoint bleeding. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling, apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go bed. Sleep elevated the first night.
- Heat sensation can be intense for 2-3 hours after treatment.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area starting the next morning. The fractional laser may leave a grid-like pattern on your skin, which is completely normal. Your skin may feel dry, peel, or flake. You may notice a "sandpaper" texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- This dead skin is a normal result of laser treatment, and should start improving 4-7 days after the treatment. Most patients complete this process 5-7 days after a treatment on the face (on off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks).
- Most redness resolves during the first week after treatment, but a rosy "glow" can remain for several weeks. If you wish, you can apply make up to minimize the redness.
- Some patients can experience itchy skin during the healing process. Moisturizing can reduce this sensation.

### **How should I take care of my skin?**



- **Immediately After Treatment:** Icepacks can help alleviate the heat sensation and reduce swelling. Avoid cleansing your face and applying makeup for 2 days post-treatment. If your skin feels dry or tight, apply a gentle moisturizer. Avoid partaking in activities that will heat up your skin, such as going in a hot tub/ Jacuzzi/sauna, or strenuous exercise for 2 days after treatment.
- **First Few Days:** Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or using exfoliants for 1 week. Apply sunscreen daily and you can use makeup if needed starting the day after treatment.
- **First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week or so after treatment. Moisturizer should be applied one to two times per day. We also recommend using a vitamin C serum daily to help with healing and to decrease pigmentation.
- **Scrubs, Toners, Glycolic Acid, and retinoids:** Your skin will be sensitive for the first week or two after treatment. Do not use products that will cause irritation during this time. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinone) until your skin has healed, unless otherwise directed by your doctor.
- **Normal Skin Care Regimen:** Once the pin-point scabs have healed, you may resume your routine skin care and make-up products, as long as they are tolerable to you.
- **Sunscreen:** It is very important that you use sunscreen to prevent discoloration and sun damage to the skin while it is healing. Use sunscreen daily for at least 3 months after your last treatment. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Apply sunscreen 20 minutes before going outside and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- **Abnormal Healing:** If you notice any pimples, blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion) or any other problems, please contact us as soon as possible.

***If you have any questions, please do not hesitate to call:  
516.992.6350***