



ORANGE OFFICE BASED SURGERY, PLLC
Ran Y. Rubinstein, MD
POST-OPERATIVE INSTRUCTIONS

Pre- and Post-Procedure Instructions for Fraxel Dual Laser

Fraxel Dual 1550 & Fraxel Dual 1927 Laser Treatments

How to prepare for your Fraxel Dual laser treatment: Scrubs, Toners, Glycolic Acid, Retin A, and Bleaching Creams. Discontinue at least three days before your treatment. If you have sensitive skin, discontinue 7 days prior. Your skin will be sensitive for the first week after treatment. Do not use these products as they can cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain bleaching agents, glycolic acids or Retin A. If you have any prior history of fever blisters or cold sores please alert our clinical staff. Dr. Rubinstein may decide to prescribe Valtrex, an anti viral medication which you will use for 3 days beginning the day before your treatment. Failure to do so can result in an outbreak of cold sores.

What to expect after your treatment:

Fraxel Dual Laser Treatments often produce temporary, expected side-effects. The intensity and duration of your side effects depends on which Fraxel Dual laser was used, 1550 vs. 1927, the treatment aggressiveness, and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side-effects. A detailed description of what to expect with a Fraxel 1550 and Fraxel 1927 is outlined below.

- **Swelling.** You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. Swelling is more typical of a Fraxel 1550 treatment. There is minimal swelling with Fraxel 1927 with average laser settings. The advantage to an aggressive Fraxel 1927 treatment, is that the results of one treatment can be equal to 2 mild to intermediate treatments. Some patients with aggressive 1927 treatments may have similar swelling as seen with the Fraxel 1550. For most, this is well worth it. To minimize swelling do the following: Apply cold compresses or ice packs to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed. Sleep elevated the first night. Use as many pillows as you can tolerate.
- **Redness.** Most redness resolves during the first week after treatment, but a rosy "glow" can remain for several weeks. This is more typical of the Fraxel 1550 laser.
- **Dry skin.** 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. We recommend applying a hydrocortisone cream twice a day and as needed. We prefer the Rubinstein MD Aloe Cort cream, which we carry in the office.
- **Bronzing, Crusting and Small Dark Dots.** Fraxel Laser Treatment causes destruction to microscopic cylinders of skin which then exfoliates during the healing process. In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, these microscopic wounds, known as MENDs, contain large amounts of melanin. Because there are so many MENDs, they can make the skin look bronzed, or small areas appear crusted (do not try to scratch them off). When high energies are used to produce deep and wide lesions, i.e. more aggressive treatments, the MENDs can sometimes be seen as individual dark dots. On the face, the MENDs will shed within 7-10 days. This shedding is gradual and makeup can still be applied while it's happening. Off the face, it may take as long as 3 weeks for the MENDs to shed. In contrast, with Fraxel 1927, the bronzing and MENDs are much more pronounced than with the Fraxel 1550. On day 3 or 4, your skin will begin to peel rapidly, from the nose outward towards the cheeks, making it difficult to conceal. You may want to plan the timing of your appointment accordingly.
- **Raw Skin.** Raw skin rarely develops after Fraxel Dual 1550 and 1927 treatments as this is a non ablative (not removing skin) laser treatment. This may be a sign of an infection such as a cold sore breakout. Treatment, if needed, should not be delayed. If you develop areas of raw skin post treatment, keep them moist with Aquaphor and call the office for further evaluation and instructions. You do not need to apply band-aids, but keep the areas moist and *do not pick at them*. This will usually heal very rapidly if appropriate attention and care is given.



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Additional after care instructions:

- **Skin Care Products.** All of your skin care products should be non-irritating for the first week or so after Fraxel Dual Laser Treatments. Our Rubinstein MD and Alastin skin care products will be prescribed by our staff and will be available for purchase in the office.
- **Sunscreen.** The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should first apply sunscreen 20 minutes before going outside. After that, reapply your sunscreen every 2 hours (summer or with direct sun exposure). If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen up to 6 to 12 weeks post laser.
- **Moisturizer.** Remember that peeling and/or flaking is normal during the healing process. We prefer using a non irritating moisturizer with hydrocortisone cream for 3 to 5 days post treatment, which we carry in house, called Rubinstein MD Aloe Cort Cream (do not exceed using product the recommended 3 to 5 days). Apply twice a day and as needed. After that, apply a gentle moisturizer whenever your skin feels dry.
- **Scrubs, Toners, Glycolic Acid, and Retin A.** Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use Retin A, abrasive scrubs, toners, or products that contain glycolic, salicylic, or lactic acids. *Read the product labels.* Wash your face with a gentle cleanser.
- **Bleaching Creams.** Discontinue use of your bleaching cream for the first week. If you have darker skin, you are at a greater risk of developing darkening of your skin post laser treatment especially if you are not careful in avoiding the sun and using sunscreen. Using the topical steroid, Rubinstein MD Alocort as well as Rubinstein MD bleaching creams after the first week can help minimize this risk. Ask our skin care specialists if and which bleaching creams are recommended.

Resume your normal skin care regimen when your skin has fully healed, usually 1 week.