



Fraxel Laser Resurfacing Post-Op Instructions

- Plan on having someone you know or Home Care Now services, drive you home if you have taken sedating medications (prescribed prior to treatment). **NO** Uber, Lyft, Taxi Services allowed for pick up.
- Drink plenty of fluids to keep well hydrated before and after treatment.
- You may take a luke-warm shower or bath but avoid using a washcloth or scrubbing the treated areas for 72 hours.
- **Do Not** pick, peel, or scratch your face.
- Sleep elevated on 3-4 pillow or recliner chair to decrease inflammation and swelling for 2-3 days.

EXPECTATIONS

- You may experience some mild discomfort, heat and swelling following the treatment. This will dissipate on its own – do **NOT** use cold compression.
- Avoid Retin-A/Retinols, Glycolic acids, Benzoyl Peroxide & the SUN for 2 weeks **BEFORE & AFTER TREATMENT**.
- For Full Face treatment – you'll receive a Medical Grade skin care Post Kit, to start using after treatment per your Provider.

MEDICATIONS

- Anti-viral Rx: Valtrex- 1 tablet, twice a day until complete (7 days).
- Pain: Tylenol or Advil, take 1 tablet every 4-6 hrs as needed for discomfort (not required).

Call/Text our office 407-333-3040: If severe swelling or blistering occurs.

Follow up Appointment: _____

Primer call or text 407.333.3040, if you have questions or concerns. If you have an emergency, call 911.

I have received a copy of the above instructions and agree to follow them

X _____

Date: _____