

Fraxel® Laser Resurfacing Post-Op Instructions

1. Plan on having someone drive you home. (Required after sedation)
2. You may experience some mild discomfort and swelling following the treatment. Use face mask for ten minute intervals every hour for the next 24 hours **WHILE AWAKE**.
3. Apply Primera Pharmaceuticals Recovery Kit skin care as follows—
 - Wash your face 3 times a day w/ Gentle Foaming Cleanser
 - Apply Aloe Cort Cream 3 times a day after washing face
 - Then, apply Intensive recovery cream to your face liberally (3x/ day)
 - Wear Primera Pharmaceuticals 30 SPF in the morning
4. Drink plenty of fluids to keep well hydrated.
5. You may take showers or baths, but avoid using a washcloth or scrubbing the treated areas for 24 hours.
6. Avoid use of products (Retin-A) or (glycolic acid) for one week following the procedure.
7. Continue use of antiviral medications as ordered.
8. Sleep on elevated pillow to decrease inflammation and swelling for 2-3 days.

Medications

Anti-viral: Valtrex: 1 tablet twice a day until complete (7 days).

Call our office if:

- Severe swelling occurs
- Blisters appear