



## Fraxel POST- Procedure

### What you may feel and look like:

- 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 do the following:
  - Apply cold compresses to the treatment area for 10 minutes every hour on the day of treatment, until you go to bed.
  - Sleep elevated the first night. Use as many pillows as you tolerate.
- Heat sensation can be intense for the following 2-3 hours. Occasionally oozing can occur in isolated areas for a few days as well.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Our skin may feel dry, peeled, 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.
- Patients who are treated more heavily with the 1550 wavelength can expect to be noticeably swollen for 48 hours (it will be most noticeable around the eyes). They may be “puffy” for a total of 3-5 days, and this is normal. Sleeping elevated and periodically icing should help significantly. Patients treated more heavily with 1927 wavelength will not notice as much swelling and the duration should be shorter. Slight puffiness around the eyes is normal. Treatments with the 1927 wavelength will result in more bronzing and redness.
- The dead skin is a normal result of laser treatment and should start sloughing off 3 - 4 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.)

### Post-procedure recommendations:

For the next 7-10 days – please avoid any tinted sunscreens or any cosmetic treatments on the face.

AM: Water or very mild gentle cleanser  
Vitamin C serum or TNS serum  
Moisturizer + SPF

PM: Gentle cleanser  
Retinol Serum  
Moisturizer

**Please call: 310-546-7780 if you have any other questions or concerns**