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**Treatment Instructions for Fraxel 1550nm/1927nm**

*Disclaimer: You are not a candidate if you are pregnant, breast feeding or have open sores in the treatment area.*

Pre-Treatment Instructions:

* If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
* Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
* Do NOT use the following products 5 days prior or 5 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider). Darker skin types may need to start a topical bleaching cream 4 weeks prior to treatment.
* Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
* Avoid Botox at least 1 week prior and 1 week after treatment.
* Avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.
* **Consider taking Arnica tablets 1 week prior to treatment to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

* Apply cool compresses, every hour for 10 minutes while awake, for 24-48 hours post procedure (i.e. wash cloth soaked in ice water, ice packs, frozen gel mask).
* Avoid alcohol and excess salt the first 24 hours to reduce swelling.
* Sleep on your back with your head elevated for the first night to decrease swelling.
* Apply your Post Treatment Recovery Complex/Cerave PM lotion 2-4 times a day, or as needed, for at least 5 days after treatment.
* Apply your Elta MD sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
* The next day cleanse the treated area with your Ultra Gentle Cleanser with tepid warm water. Apply cleanser to fingertips and cleanse skin in a gentle motion. Do not use a washcloth, exfoliant, or scrub the scabs off. Continue using Ultra Gentle Cleanser until the skin is healed.

What To Expect:

* Swelling can last 4-6 days, and longer in rare cases. Swelling will appear worse the second post treatment.
* Slight redness can remain up to 1 week, and longer in rare cases.
* The skin will flake and feel dry as a normal result of this procedure. This should resolve within 1 week and longer in rare cases. Apply your Post-Treatment Recovery Complex as needed. If dryness persists, you may also apply Aquaphor, if you are not prone to breakouts.
* Excessive scabbing, pain or pustules should be reported to the office right away.