

What it is:

A **highly effective** and **advanced non-ablative, non-surgical laser treatment** designed to target aging and damaged skin by creating microscopic “wounds” within the targeted areas of the skin trigger collagen production and reverse the signs of aging.

Ideal for treating age spots, brown spots, acne scars, surgical scars and wrinkles around the eyes the Fraxel® Laser Treatment also improves skin texture and tone and minimizes pore size.

Fraxel® is generally performed on the face, neck, décolleté, arms and hands.

Features & Benefits:

- Combines the impact of ablative lasers with the **gentleness** of non-ablative lasers so **healing occurs quickly with little down time**
- Unlike ablative lasers, Fraxel treats only 20–25 percent of your skin in each session leaving healthy surrounding skin untreated which speeds healing and repair to minimize downtime
- Results are permanent and require little maintenance

Duration of Benefits:

- The Fraxel® Laser is applied to your skin in a series of four to five treatment sessions, spaced approximately two to six weeks apart from one another, depending on the problem treated and your skin type
- Because collagen production is stimulated during each treatment, patients will experience ongoing improvement lasting well beyond the final treatment
- After you have completed the recommended series of treatments, patients will only need to follow up once to twice every two or three years to maintain the beautiful results!

Duration of Treatment: 60–90 Minutes

Following application of a topical anesthetic (45–60 mins) each treatment takes approximately 15–20 minutes depending on the size of treatment area

Treatment Protocol:

- Esthetic cleanse of face and neck
- Application of topical anesthetic
- Customized spa treatment ritual during 30 minute wait time
- Laser procedure (15–20 minutes)
- Icing (optional five minutes)
- Application of moisturizer & sunblock

Candidates:

Ideal candidates include those with age spots, brown spots, melasma (mask of pregnancy), acne scars, surgical scars, poor skin texture and tone, large pores and wrinkles around the eyes

Contraindications:

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption like Rosacea, you are not a candidate at this time

What to Expect:

- When the laser shines on the skin, patients will experience some discomfort—not unlike a rubber band snapping against the skin
- Immediately post treatment, your skin will feel like it's sunburned. This sensation will usually diminish within one to two hours
- New skin will start to form within 24 hours after treatment, but it will remain covered by old skin from four to fourteen days. During this time, natural skin shedding will reveal the repaired epidermal tissue and new skin
- You should see some improvement in skin texture shortly after the first treatment Fine lines and deeper lines will also improve but that will take more time
- Over the next three to six months, the fibroblasts in the dermis layer of the skin will begin to build new collagen

Downtime/Recovery:

- Some patients are able to return to routine activities, including work and social obligations, the same day of treatment and others are red and swollen
- Redness and swelling is normal following treatment. Healing time varies from person to person
- Swelling generally resolves in one to three days
- On occasion, there are small areas where the skin may actually peel. This is normal and the skin will heal without issue or scarring
- A small degree of redness may last a month or two longer in some cases
- Abnormal color and uneven skin tones will improve with each treatment

Pre-treatment Guidelines:

Fraxel® Laser Treatment

Six to twelve months before treatment:

- Cease use of Accutane
- Advise if you have ever had a cold sore (arrange for pre-treatment with Valtrex®)

Four weeks before treatment:

- If you have the tendency to hyperpigment we recommend a bleaching regimen at this point
- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing

Two weeks before treatment:

- Cease use of all retinols, Retin-A, Tazorac®, Differin®, “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids
- Avoid all sun exposure and/or tanning beds
- Cease waxing and other hair-removal procedures
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout course of Fraxel® treatment

One week before treatment:

- Cease the use of all exfoliants, including microdermabrasion treatments
- Order RX for Valtrex® pre-treatment

One day before treatment:

- All patients should start pre-treatment with Valtrex®. Take one pill two times per day

***Post-treatment Recommendations/Prescriptive Care:
Fraxel® Laser Treatment***

- Apply post-operative ice packs five to ten minutes at a time, every one to two hours post treatment to help reduce swelling and redness
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- Do NOT pick at healing areas to prevent scarring
- You may apply makeup immediately after treatment to help mask temporary redness and/or swelling
- Avoid direct sunlight and sun exposure for at least three months after treatment

Daily Skincare Routine:

- When washing your face, use a **gentle, non soap cleanser** (such as Cetaphil®).
You can wash as early as the evening following your treatment
- Most skin care products can be used three weeks after treatment; however, avoid use of retinoids and topical corticosteroids for two weeks following treatment and avoid systemic steroids throughout the course of your Fraxel® treatments
- Apply a neutral barrier cream without alpha hydroxy acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- Use a sunscreen with an SPF of 25 or higher daily

Product Recommendations:

- Aquaphor® will keep sensitive spots lubricated; an over the counter antibiotic ointment may also be used
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

