

Post-Operative Instructions for FRAXEL® ReStore Laser Patients

Please FOLLOW THESE DIRECTIONS

- Ice for ten minutes every hour for the next 5 – 6 hours to reduce swelling.
- Sleep with an extra pillow at night to keep head raised for the first night.
- Wear sunscreen (SPF 15-40, Broad Spectrum UVA & UVB) for the next two weeks. Continued and regular daily use is ideal for long-term skin care.
- Do not use ACUTANE for at least 6 (six) months post-procedure. Please check with your prescribing physician prior to continuing usage of this drug.
- Do not use retinoids, RETIN-A or GLYCOLIC products for two weeks post-procedure.
- Refrain from any chemical peel treatments for two weeks post-procedure.
- Keep skin moisturized with sunscreen or moisturizer with sunscreen, SPF 15-40.
- You may apply make-up one day post-treatment. Be sure to have sunscreen with both UVB & UVB protection on under your make-up even if your make-up has sunscreen factors.
- No sun tanning or salon tanning for at least two weeks post-treatment.
- Men may shave one day post-treatment.
- Upon leaving your hair will have topical and gliding gel in it along the hairline, so you might want to bring a cap, hat or scarf. These products are difficult to remove from the hair even with shampoo. I have found diluted lemon juice or vinegar works pretty well. I usually wash my hair at least once, use the lemon juice or vinegar, and then wash again. I have had even better success by first rubbing oil (olive or vegetable) into all the areas of the hair that have the gel, then washing, rinsing with lemon or vinegar, and washing again. It may take up to two or three days with this cleaning routine to fully remove all the gel.

If you have any questions, please contact my office at 503-581-1567 or 503-566-4902.