

Post-Operative Information for FRAXEL® ReStore Laser Patients

Protect New Skin: New skin will start to form within 24 hours, but it will remain covered by old stratum corneum (skin) from 4-14 days. During this time, exfoliation will reveal the repaired epidermal tissue and new stratum corneum. Patients should avoid injury and sun exposure. Patients should apply a dual UVA/UVB sunscreen containing both a physical sun block (either or both zinc oxide or titanium dioxide) with a sun protection factor of at least SPF 15 or above. In addition, patients should avoid direct sunlight and wear sun-protective clothing (i.e. side-brimmed hat).

Itching/Dryness of the treated area: These are common symptoms once the skin has healed initially. Flakiness and dry crusting will gradually clear. Use of moisturizers and/or moisturizing sunscreens that have previously been proven not to cause irritation should help this condition.

Skin Protection: Patients should use SPF (15-40) sunscreen on a regular basis for at least 6 months. Actually you should be wearing a broad-spectrum sunscreen/ sun block everyday whether it is January or July. It is your best protection against aging.

Erythema/Redness: Redness should improve significantly in 2-3 weeks. A small degree of redness may last a month or two longer in some cases.

Swelling: Swelling may occur and should resolve within a few days following treatment. Post-operative ice packs and Tylenol can be used if necessary.

Routine skin care: Patients should cleanse the treated area with a mild/gentle facial cleanser. Most skin care products can be used three weeks after treatment. Avoid the use of retinoids and topical corticosteroids for 1-2 weeks following treatment.

Pain or Discomfort: Post-operative ice packs may be applied to alleviate discomfort. Over the counter itch and pain relievers may be used if necessary (i.e. Benadryl, Claritin, Tylenol).

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