

**FRAXEL® ReStore Laser Treatment What to Expect & Guidelines**

Immediately post treatment your skin will feel like it's been sunburned. This sensation will diminish within an hour. We apply a moisturizing sunblock to sooth the skin and you should then begin icing.

It is normal to have erythema (redness) after a treatment. On occasion there are small areas where the skin may actually peel. These are denuded areas of the skin. This is normal and the skin will heal without issue or scarring. One to three days post treatment you may have small strips of crusting. These too will heal.

Swelling will vary from patient to patient. We have found the day following the treatment to be most noticeable. It is normal to have swollen eyes in the morning. To reduce swelling we recommend icing the face for five to ten minutes at a time (on for 5-10 minutes, off for 5-10 minutes), for the first 2-6 hours after your treatment. Using a frozen bag of peas on top of a moistened washcloth transmits the benefit of the cold effectively. Continue the use of ice the next morning to help with swelling and for comfort.

Taking 25 mg of Benadryl may also decrease some of the swelling. Benadryl may be taken just after your treatment as well as the following day.

The duration of the swelling is variable and unique to each person. The depth of your treatment and the type of skin you have will determine your reaction. The majority of our patients find their swelling greatly improves by the third day. Make-up can be worn immediately post treatment to mask any temporary redness and/or swelling.

If small areas of denuded (crusty) skin occur, we recommend using an over the counter antibiotic ointment. Keep the area lubricated and it will heal nicely. Apply small amounts to the area of concern only, not all over the face. Remember to keep your hands and all objects away from healing to prevent scarring. **DO NOT PICK AT THE CRUSTING.** Some patients report Milia (i.e. whiteheads) during their recovery process. This is normal and they should resolve on their own or assisted with products. Speak with Linda regarding skin care products if you continue to have Milia. They should diminish in number with continued treatments.

Your face will feel dry post treatment, and you may use your moisturizer of choice or products provided. We do not recommend heavy ointment products, but rather lighter cream formulations. You may also use a moisturizing water spray if you like.

**SUNBLOCK....SUNBLOCK....SUNBLOCK.... Please use a UVA/UVB sunblock every morning.** We will help you select one if you are uncertain of what to use. This is critical to preventing future issues. A sunblock may have been provided to you at your first treatment.

Healing time also varies from person to person. **BE PATIENT** with your healing process. We are confident you will see improvements of your skin texture shortly after even the first treatment. Fine lines improve and deeper lines will also improve but take more time. The fibroblasts in the dermis layer of the skin will begin to build new collagen over the next 3 to 6 months. Abnormal color and uneven skin tones will improve with each treatment.

Please call us with any questions or concerns you may have. The treatment intervals are tailored to your healing time, work and social schedule. It is normal to schedule two to three weeks between treatments. Some patients may schedule 4 to 6 weeks between treatments. Spacing out the treatments will not diminish the results.