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Cosmetic Facial Plastic Surgery – Skin Rejuvenation Laser Center

FRAXEL DUAL – MORPHEUS8/FRACTORA - MICRONEEDLING
PRE AND POST PROCEDURE INSTRUCTIONS

Patient: _____

Fraxel Procedure Date: _____

One Week Prior to Procedure: **Date:** _____

- Avoid excessive sun exposure/sun tanning for one week prior to your treatment.
- Wear a broad-spectrum sunscreen of at least **30 SPF** before and after your treatment to protect your skin and to maintain your results. Protect your investment!
- **No self-tanners.** Please remove all self-tanners from the area(s) to be treated.
- Stop applying any “irritating” skin products (Retin A, AHA, Glycolic acid) at least one day prior to your procedure.
- Do not wax your facial hair or use exfoliating scrubs in the several days prior to your treatment.

Cold Sores (Herpes Infection):

- If you have a history of cold sores, be sure to that Dr. Brunner is notified in advance of scheduling your treatment. **An antiviral medication (Valtrex) will be prescribed for you to start prior to your treatment.**
- ___/___/___ **Start Valtrex** (anti-viral medication): 1 tablet twice a day until all you finish all of the tablets. You will have taken ___ tablets before the treatment. **Please count how many tablets the pharmacist gave you. You should have at least ___ tablets. Please tell Dr. Brunner ASAP if you do not have enough medication to complete a full ___ day course.** Regular course (no history of cold sores): 8 Days or 16 tabs. Extended course (history of cold sores): 12 Days or 24 Tabs.

Acne Prone - An Antibiotic may be prescribed:

- ___/___/___ **Start Cipro or Doxycycline** (antibiotic): 1 tablet twice a day until all you finish all of the tablets.

You will have taken ___ tablets before the treatment.

Procedure Day: **Date:** _____

- You will be in the office for approximately 2 hours.
- Have a light breakfast or lunch and come to the office without make-up.
- Wear a button-down shirt or a wide collar shirt.
- Do Not Wear Contact Lenses.
- Schedule 3 to 4 days off of work. MicroNeedling only 1 to 2 days off work.

Supplies To Have At Home

- Hairbands and ties to keep hair off your face and neck for the first 24 hours
- Gel packs, wash cloths and gauzes for cold compresses
- Tylenol
- Benadryl/Claritin/Allegra (antihistamines) for the mild itching of healing
- **Vaseline**
- **Eucerin Cream, Cetaphil Face Wash and Moisturizer, Light Recovery Cream**
- **Sunscreen SPF 30 or higher.** Preferably with Zinc oxide and/or Titanium dioxide.

What to Expect

- It is normal to have **redness, mild to moderate swelling**, and a **sunburned sensation** for several days after your treatment.
- Swelling usually lasts 2 to 3 days and can be most noticeable under the eyes.
- Sunburned sensation can be moderate in the first day and up to 3 days after your treatment.
- Your skin may have a **sandpaper texture** for up to a week after treatment.
- **Brown spots** will turn **temporarily darker** for 3 to 14 days after treatment.
- Your skin will peel or slough 3-4 days after treatment. Most patients complete this process 5 – 7 days after a treatment on the face. (On off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks.)
- **Mild crusting and scabbing** is common on brown spots or skin lesions.
- Most redness subsides during the first week after treatment.
- Some patients experience **mild itching** in the treated area.

Post Treatment Instructions

- **Moisturize your skin liberally** with a mild/bland moisturizer (Eucerin, Cetaphil, Light Recovery Cream) or Vaseline for one week. Moisturized skin heals faster.
- Wash your skin gently with a **mild face wash** (Cetaphil, Green Tea Cleanser).
- **Cold compresses** and cold gel packs can be applied to relieve sunburned sensation and to diminish swelling.
- **Vaseline** or Aquaphor can be applied to any crusts, scabs or small blisters. **Do not use antibiotic ointments.**
- Once the peeling starts, moisturize well and allow your skin to heal. **DO NOT** scrub, rub, or use exfoliants.
- **Use sunscreen SPF 30 or higher** to protect and maintain your results.
- **Makeup can be applied approximately 5 days after your treatment. No Foundation for 1 week.**
- **Do not use scrubs, toners, glycolic Acid, and Retin A.** Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. Read the product labels.
- Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.
- Your normal skin care regime can be resumed when your skin has fully healed. Usually one week after treatment.

Vinegar Soaks

- Use Vinegar soaks for irritated skin. It will also cool your skin and decrease itching.
- Open an un-used bottle of each: one 16.9 oz. Bottled water, and one white distilled vinegar.
- Pour 3 tablespoons of water **out** of the bottled water, then **add 2 tablespoons of vinegar.**
- Shake to gently mix.
- To make vinegar soaks, place 10-20 gauzes inside the Tupperware, carefully add in vinegar water until all gauzes are saturated.
- Gently press vinegar soaked gauze onto your skin. Make sure that the vinegar water is in contact with the skin for at least 5 minutes. Soak longer for areas with crusting. Re-apply Vaseline, Eucerin, or Cetaphil after vinegar soak.

General Instructions

- **Do not pick at any crusts or scabs. Do not scratch skin.**
- Avoid using irritating products (Retin A, Glycolic Acid, AHA, Vit C) or exfoliating scrubs for one week after treatment.
- Do not wax your facial hair for at least two weeks after your treatment.
- Use Tylenol or Motrin/Advil (ibuprofen) for any pain/sunburn type of discomfort.
- Benadryl/Claritin/Allegra (antihistamines) can be used for the mild itching of healing.
- **Do not exercise or go to the Gym in the four days after treatment, or until your skin is completely healed.**
- **Do not clean the house, garden or do any “dirty” work in the first week, until your skin is completely healed.**
- Always keep your skin moisturized with a gentle or mild moisturizer or Vaseline.
- **Clean your cell phone daily with alcohol.**
- **Cold Sores.** If you think you have a cold sore after your procedure (even while on Valtrex). Please Call Dr. Brunner.
- For rashes, severe itching, or any questions, **Please call Dr. Brunner: 609-921-9497.**