



VEIN CLINIC | COSMETIC MEDICAL CLINIC | DR. NICHOLAS J. MORISON CCFP

PATIENT PRE & POST CARE FORM FOR FRAXEL LASER RESURFACING

For best results please follow these instructions

BEFORE YOUR TREATMENT:

- No direct sun exposure, tanning beds, spray tans, or tanning lotions 4 weeks prior to treatment.
- Up to date health history of conditions, medications and allergies. **Some medications are photo-sensitizing and increase risk of side effects.** Please consult with your Pharmacist or Physician if you are unsure. (Ex: antibiotics, anti-histamines, aspirin, NSAIDS).
- **Advise the clinic if you have an acne breakout – area cannot be treated until clearance.**
- **History of cold sores or herpes may require an anti-viral prescription prior to treatment. (Ex: Valtrax).**
- Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks prior to treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).
- Avoid product and make up prior to treatment. For males, please shave the treatment area clean shaven.
- Bring a wide brimmed hat, sunglasses, and other protective wear for when you leave the clinic.

AFTER YOUR TREATMENT:

- Avoid direct sun exposure and tanning beds and use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30-50 for 4 weeks after treatment. Continuous use of sunscreen is advised to prevent hyper or hypo pigmentation.
- **MODERATE TO SIGNIFICANT redness, swelling, uncomfortable heat, pinpoint bleeding, and pinpoint bruising are to be expected and will improve and resolve with time. Swelling can be significant but a necessary part of the healing process that indicates movement of fluid and white blood cells to the treated area.**
- Apply refrigerated aloe vera gel, clean cold compresses, and clean wrapped ice packs frequently.
- Elevated sleep position, OTC 1-2% hydrocortisone cream, antihistamines (Claritin, Benadryl), and anti-inflammatories (Advil, Aleve) may help with more significant side effects.
- **DO NOT WASH THE TREATMENT AREA FOR 24 HOURS.** After, use cool water with a gentle cleanser, gentle moisturizer, and mineral SPF 30-50. Frequently reapply moisturizer to prevent skin from feeling dry and tight.
- Vinegar soaks can help with redness, itching and the exfoliation process.
- Change your pillow case nightly for the first week.
- Mineral make up with clean brushes can be worn post flaking/peeling process.
- Avoid heat related activities to the treatment area such as: hot showers, hot tubs, saunas, and heavy/strenuous exercise for 1 week as both heat and perspiration can cause irritation.
- Avoid smoking during the healing process.
- Avoid skincare products, prescription topicals or treatments that may irritate the skin for 2 weeks after treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, etc.)
- Avoid any other cosmetic treatments for 4 weeks after your treatment. (Ex: facials, laser, chemical peels, waxing)

WHAT TO EXPECT AFTER YOUR LASER RESURFACING TREATMENT:

FIRST 24 HOURS:

CMC | 101 - 225 CARLETON DRIVE, ST. ALBERT AB T8N 2B2 | PH: 780-459-7769 FAX: 780-459-9147
REQUEST@COSMETICMEDICALCLINIC.COM



VEIN CLINIC | COSMETIC MEDICAL CLINIC | DR. NICHOLAS J. MORISON CCFP

- Skin will feel hot, similar to an intense sunburn accompanied by moderate to significant redness and swelling, along with possible pinpoint bleeding and bruising.

2-3 DAYS POST TREATMENT:

- Moderate to significant swelling peaks day 2-3.
- Moderate to significant redness present.
- Basic skincare regime of a gentle cleanser, moisturizer, and SPF 30-50 can be used. **Recommended: Vivier Hexam Cleanser, Lexxel Moisturizer, and Triple Protection Mineral SPF 30.**

3-5 DAYS POST TREATMENT:

- Moderate to significant swelling will begin to subside.
- Moderate to significant redness present.
- Bronzing with dryness.
- Vinegar soaks 2-3 times a day can start on day 3 and continued until side effects improve. Dilute a mixture of 1 Cup distilled water with 1 tsp pure white vinegar. Soak a clean wash cloth in the vinegar solution, gently press and hold against the skin, rinse and repeat for 10 minutes.
- Follow with a basic skincare regime of a gentle cleanser, moisturizer, and SPF 30-50. Do not pick or scrub.

5-7 DAYS POST TREATMENT:

- Majority of swelling has subsided.
- Mild redness present.
- Flaking and Peeling should subside.
- Can wear mineral based make up.

7-14 DAYS POST TREATMENT:

- Mild redness present but fading and can persist for a few months (varies by client).

Side-Effects are temporary and are a normal occurrence with Fraxel Laser Resurfacing. Factors that affect the intensity and duration of the side effects include: treatment settings, genetics, skin type, existing medical conditions, medications that you are taking, skin care products that you are using, and your unique healing characteristics.

Collagen induction stimulation treatments are recommended to be performed in a series and maintained on an annual basis due to internal loss of collagen and external UV and free radical damage. Fraxel Laser Resurfacing results can be further improved with proper at home skincare regimes and in clinic treatments like Laser Genesis and Microneedling.

WHEN TO NOTIFY THE CLINIC:

- **Wounds of burning, blistering, or bleeding. Do NOT ice blisters, cold compresses are fine.**
- **Excessive and prolonged redness, swelling, heat that is not improving after 72 hours.**
- **Excessive acne, cold sores, or herpes outbreak.**
- **In case of emergency during after hours, weekends, and holidays please visit your nearest Walk-in clinic, Hospital or contact your Physician.**