

THE Aesthetics Lounge and Spa

Frax Instructions

Pre-Treatment Instructions

- Discontinue Retin-A (and/or other retinoids) or glycolic acids 3 days before treatment. You may resume Retin-A and other regular skin care regimens 1 week after treatment or as instructed.
- Sun Protection: Under no circumstances will the procedure be performed if you have any suntan. It is therefore very important that you wear a broad-spectrum sunscreen before and after your treatment. SPF 30+ is recommended.
- If you have a history of herpes, you should take antiviral medication the day before, the day of, and three days after your Frax procedure. If cold sores are present at the time of your procedure, the session will need to be rescheduled.
- Please do not wear any makeup to your treatment session. However, it may be applied immediately after the treatment. Mineral-based makeup is recommended.

Post-Treatment Instructions

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude. Notify your physician if the severity of your side effects becomes a problem for you.

- Immediately after the treatment, you will experience redness, swelling and sometimes pinpoint bleeding. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts up to three days. To minimize swelling do the following:
 - Apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed.
 - Sleep elevated the first night. Use as many pillows as you can tolerate.
- Heat sensation can be intense for the following 2 ? 3 hours.
- Over the next few days, redness may worsen. Swelling may be significant and cause some discomfort.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a ?sandpaper? texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- This dead skin is a normal result of laser treatment and should start sloughing off 3 ? 4 days after the treatment. Most patients complete this process 5 ? 7 days after a treatment on the face.
- Once the sloughing is complete, you may notice some pinkness over the next few weeks. Most redness resolves during the first week after treatment, but a rosy ?glow? can remain for several weeks. If you wish, you can apply makeup to minimize the redness.
- Some patients have also experienced itching.

Signature

Patient Signature