ZN DERMATOLOGY

Fraxel FTX

also known as

FRACTIONAL LASER RESURFACING

AFTER CARE INSTRUCTIONS

SCAN FOR VIDEO GUIDE

Right After Your Laser Treatment

- If you have a history of cold sores in the area of treatment, we will give you a prescription for an antiviral medication. We may also prescribe an antibiotic if you have a history of acne.
- Take an anti-inflammatory such as ibuprofen (Advil, Motrin) or naproxen (Aleve) with meals, 3 times a day, for 3 days. Do not do this if you have a bleeding disorder, kidney disease, or stomach ulcers, or are on blood thinners.
- You may feel like you had a mild to moderate sunburn for up to 3 days. Keep your head elevated to reduce swelling (especially at night). Use ice packs for 15 minutes every 1 to 2 hours until bedtime on the first day to minimize redness and swelling.
- Your skin will be extra sensitive on the day of your laser treatment, and it can be easily irritated by any topical products and the sun. Do not put anything on your skin the day of your laser treatment, and go straight home after your appointment. Unless you have a long drive home, start applying sunscreen the day after your treatment.
- Your skin will be fragile and more sensitive than normal for several weeks. Avoid any topical products that may cause irritation for 2 weeks after treatment. Do NOT use aloe, vitamin E, or Neosporin. Bio Cream Overnight Smoothing Cream by Neocutis (optional) can be started the day after treatment to help the redness go away faster. An unscented moisturizer like CeraVe PM or Neutrogena Hydro Boost can also be used.

Starting Tomorrow, for 2 Weeks

- Use a gentle skin cleanser once a day. Examples: La Roche-Posay foaming oil cleanser, Neutrogena Hydro Boost hydrating gel cleanser, or Neutrogena Ultra Gentle foaming cleanser. Avoid hot water or vigorously rubbing your skin. No toners, exfoliating products, or anything that might irritate your skin for 2 to 3 weeks.
- Take quick showers (under 10 minutes) with warm water, not hot, for 1 week.
- Use Vaseline at least twice a day starting **tomorrow** for **5 days**. Then switch to gentle moisturizers (e.g., La Roche-Posay Cicaplast cream or gel, or Neutrogena Hydro Boost water gel or cream) from **day 6 to day 14**. For any "raw" area, continue with the Vaseline until completely healed. Sleep on a clean towel placed over your pillow.
- Wait at least two weeks before starting or restarting your skin lightening cream, retinoid, or retinol product.
- No exercising for 24 hours or until the swelling is gone.
- You can wear tinted sunscreen and makeup after 24 hours.
- You can use a non-drowsy antihistamine (e.g., Allegra, Zyrtec, Claritin) as needed for the swelling.
- No shaving the treated area for the first 5 to 7 days.

Sun protection is essential. Avoid sun exposure and use sunscreen for 4 to 6 weeks before and after your laser treatment to improve the effect of your treatment and decrease your risk of side effects, including prolonged darkening of your skin.

Questions after your treatment? Message Dr. Nawas directly through the patient portal, or call the office at 346-696-3376. Day-by-day video guide: **znderm.com/fraxel-aftercare**

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COSMETIC | LASER | SURGERY

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