

LaseMD/Fraxel/ResurFX

Pre-treatment Instructions

1. Avoid the oral acne drug isotretinoin for 6 months prior to treatment.
2. Discontinue indoor and outdoor tanning at least four weeks prior to treatment, during the treatment course and four to six weeks after treatment. Avoiding tanning will reduce the chance of skin color changes and manifestation of new pigmented lesions.
3. If you have darker skin or have a tendency towards hyperpigmentation, we recommend using a skin lightening agent, one month prior to the treatment.
4. It is advisable to use collagen-building, anti-aging treatments prior to treatment.

Post- laser Instructions

1. Do not put contacts back into eyes after procedure until the next morning.
2. Cool compresses or ice packs can be used in the first 24 hours for soothing the treated areas. We recommend icing the face for 5 to 10 minutes at a time, every 1-2 hours post treatment.
3. Wash the treated areas with a gentle, non-drying cleanser.
4. If small abrasions, blisters or scabs occur, we recommend using **EltaMD Moisturizer**. Keep these areas lubricated and they will heal nicely.
5. Use sunscreen daily preferably one with a physical blocker such as zinc oxide or titanium dioxide.
6. We recommend that you avoid applying makeup to the treated area for 2-3 days post procedure.
7. Shaving is OK after treatment.
8. Zyrtec or Allegra can be taken during the day for swelling. Benadryl 25mg may be taken at bedtime for the first 2 nights to help with swelling. Sleep with your head elevated with several pillows to help decrease swelling.
9. Stay well hydrated during the healing phase by drinking lots of water and avoid dehydrating beverages, such as coffee and alcohol.
10. Avoid excessive salt intake.

If you have any questions or concerns, please contact our office directly at (713) 497-1417

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