How to Care for Your Skin Before Treatment

IMPORTANT INFORMATION

- You cannot have the Fraxel® DUAL 1550/1927 Laser procedure if you are pregnant or breast feeding.
- You cannot have the Fraxel® DUAL 1550/1927 Laser procedure if you have active herpes on the lips.
- You must avoid heavy sun exposure or tanning beds for the duration of your treatment regimen.

PREPARING FOR THE FRAXEL® DUAL 1550/1927 LASER TREATMENT

- During your consultation, you should discuss your current skincare regimen. It is critical that you are not using topical or oral steroids (creams or pills), retinoids (topical or oral) prior to your Fraxel procedure.
- Discontinue using skincare products containing glycolic acid, salicylic acid, benzoyl peroxide, and abrasive scrubs for at least 2 weeks prior to your procedure.
- If you are taking Accutane, you must discontinue its use 6 months to a year prior to the Fraxel procedure.
- If you have a history of “cold sores,” please let Dr. Caballero know. Medication can be prescribed to minimize the possibility of a flare up following your treatment.
- For darker skinned patients, patients with melasma or a history of hyperpigmentation, medications will be discussed and prescribed to minimize the possibility of hyperpigmentation following your treatment.
- Do not have any laser or light-based treatments until your Fraxel treatment series is completed.
- Do not have microdermabrasion or “peels” for 2 weeks prior to your Fraxel treatment.
- Do not have any facial waxing for 2 weeks prior to your treatment.
- Smoking cigarettes will increase your risks. It is imperative that your refrain from smoking prior to your procedure.
- It is recommended that you avoid alcohol for 24 hours pre procedure.
- Hydration is important. Drink plenty of water before and after your procedure.
- Do not take aspirin or anti-inflammatory medications for 5 days prior or 5 days after procedure.
- Have ice packs ready at home. Ice gel packs will be provided to you for your trip home. Patients often have 2 bags of frozen peas at home for use as ice packs.
- Please make sure you leave enough time in your schedule to allow for a proper Fraxel treatment. You should plan on roughly 2-2 ½ hours in the office, to allow for proper numbing, treatment, and after-care.
- You should ask questions and feel free to contact the office if you need any information.

THE DAY OF THE FRAXEL® DUAL 1550/1927 LASER TREATMENT

- Your face must be thoroughly clean. Do not apply make-up, moisturizer, creams or lotions. Men should be clean-shaven.
- You should wear a comfortable shirt without a collar when you come to the office.
- Please remove jewelry such as earrings and necklaces before leaving home.
- Numbing cream for the procedure will be applied at the office. You will be at our office for about 2 hours.