

Fraxel® DUAL 1550/1927 Laser
Patient Pre-Treatment Instructions

Juan-Carlos Caballero, MD
Tammy Golden, Master Aesthetician
(540) 341-1900

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 you 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.