



## **Post Fraxel Care**

### **Day 1- Day of Treatment**

Start **Valtrex**- dose is 500mg twice a day x 5 days starting day of treatment.

Apply **Recovery Balm** twice per day to affected areas

Apply **Epidermal Repair** twice per day or more often to affected areas as needed.

After numbing has worn off, apply **Biocellulose Masque** if desired and leave on for up to 30 minutes to cool and hydrate the skin.

Okay to cleanse with **Gentle Cleanser** and reapply **Recovery Balm** or **Epidermal Repair** before bedtime.

### **Day 2**

Cleanse with **Gentle Cleanser** AM/PM

Apply 4-5 drops of **CE Ferulic** serum to treated areas (AM only).

Apply **Alastin Skin Nectar** if using a Collagen Booster (separate purchase).

Apply **Recovery Balm** twice per day.

Apply **Epidermal Repair** at least twice per day **between Recovery Balm** applications.

Apply **Sunscreen** (daytime only).

Apply 4-5 drops of **Phyto Corrective Gel** twice per day to calm inflammation if desired.

### **Day 3-7**

**Same as Day 2 with exception of Recovery balm.** Recovery balm is used only day 1 and 2.

Okay to save for future treatments or use on very dry skin or lips.

### **Week 2 and Beyond**

Begin your regular home care regimen, including morning application of CE Ferulic serum or Phloretin CF Serum and other rejuvenation products as recommended by my Apex Provider.