

FRAXEL®

Pre-Treatment Instructions

History of Cold Sores

If you have a history of oral cold sores, please contact our office before your treatment. Antiviral medication may be prescribed to help prevent an outbreak following laser treatment.

History of Melasma

If you have a history of melasma, please contact our office before your treatment. Pre-treatment with hydroquinone may be recommended.

Retinol and Retinoids

- Discontinue retinol and other topical retinoids one week before your Fraxel treatment.
- If you accidentally use retinol during this period, please contact our office. This does not necessarily mean your treatment will need to be postponed.

Fraxel treatment may be performed two weeks after Botox®, Dysport®, or dermal filler. Botox®, Dysport®, or dermal filler may be performed one week after Fraxel treatment.

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Post-Treatment Instructions

Aftercare

- Use a broad-spectrum SPF 50+ sunscreen and avoid direct sun exposure for one week. Continue diligent sun protection for several weeks following treatment.
- Avoid harsh or active skincare ingredients, including exfoliants, retinoids, and acids, for 7–10 days or as directed.
- Avoid saunas and steam rooms for 72 hours after treatment.
- Do not pick, scratch, or manually peel flaking skin, as this can interfere with healing and increase the risk of irritation or discoloration.
- A bland moisturizer for sensitive skin, such as La Roche-Posay Double Repair, or a thicker barrier cream, such as Avène Cicalfate, may be used twice daily or more if necessary.
- Itching may occur during the healing process and is usually temporary.

When to Contact the Office

Please contact our office with any questions or concerns following treatment, particularly if you experience severe or worsening pain, significant swelling, blistering, unusual skin discoloration, a more severe acne breakout or any other unexpected symptoms.