

## Fraxel Laser Resurfacing Post-Op Instructions

1. Plan on having someone drive you home. (Required after sedation)
2. You may experience some mild discomfort and/or stinging following the treatment. Use ice packs as needed for ten minute intervals every hour for the next 24 hours **WHILE AWAKE**.
3. Drink plenty of fluids (water or juice is the best) to keep hydrated.
4. You may take showers or baths, but avoid using a washcloth or scrubbing the treated area for 24 hours.
5. Take your medications as prescribed.
6. Wear Primera Pharmaceuticals 30 SPF and Elite Ultra Lite moisturizer.
7. Avoid use of products (Retin-A) or (glycolic acid) for two weeks following the procedure.
8. Continue use of antiviral medications as ordered.
9. Sleep on elevated pillow to decrease inflammation and swelling for 2-3 days.

### **Medications**

Pain: Tylenol #3, take 1 tablet capsule/pill every 4-6 hrs as needed for discomfort. (you do not have to take this medication if you are not in pain)

Healing: Sinecch as directed

Anti-viral: Valtrex: 1 tablet twice a day until completed.

### **Call our office if:**

- Severe swelling occurs
- Blisters appear

### **Appointment:**

Your next appointment is \_\_\_\_\_