



## Post-Fraxel Laser Treatment Instructions

1. Apply Ice: Use an ice pack for 10 minutes every hour for the first 5–6 hours to reduce swelling.
2. Elevate Head at Night: Sleep with an extra pillow the first night to minimize swelling.
3. Cleanse Gently: After 24 hours, use a mild, non-foaming cleanser. Avoid scrubs and exfoliants. Pat skin dry.
4. Hydrate Skin Often: Apply a fragrance-free moisturizer every 3 hours for 7 days.
5. Sun Protection: Apply broad-spectrum SPF 30+ daily with physical blockers. Reapply every 2 hours if outside. Wear a wide-brimmed hat and avoid direct sun for 2 weeks.
6. Avoid Certain Products: Do not use Retinoids, Alpha/Beta Hydroxy Acids, or Glycolic products for 2 weeks. Avoid chemical peels and tanning (including salons).
7. Avoid Heat & Exercise: For 48 hours, avoid hot showers, saunas, steam rooms, and strenuous workouts to prevent irritation.
8. Makeup & Shaving: You may apply makeup and resume shaving 24 hours after treatment.
9. Avoid Anti-Inflammatories: Do not take Motrin (ibuprofen) or similar products for 2 weeks unless advised by your provider.
10. When to Call: Contact our office if you experience increasing redness or swelling after 3 days, pus, crusting, severe itching or burning, post-laser acne, rash, fever, or chills.

### **Recommended Products:**

Cleanser: Elta MD Cleanser

Moisturizer: La Roche Posay Triple Repair Moisturizing Cream

Sunscreen: Elta MD Sunscreen

If you have any questions or concerns, please contact our office:

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