
Post-Fraxel Laser Treatment Instructions

- **Apply Ice:** Use an ice pack for 10 minutes every hour for the first 5–6 hours to reduce swelling.
- **Elevate Head at Night:** Sleep with an extra pillow the first night to minimize swelling.
- **Cleanse Gently:** After 24 hours, use a mild, non-foaming cleanser. Avoid scrubs and exfoliants. Pat skin dry.
- **Hydrate Skin Often:** Apply a fragrance-free moisturizer every 3 hours for 7 days.
- **Sun Protection:** Apply broad-spectrum SPF 30+ daily with physical blockers. Reapply every 2 hours if outdoors. Wear a wide-brimmed hat and avoid direct sun for 2 weeks.
- **Avoid Certain Products:** Do not use retinoids, alpha/beta hydroxy acids, or glycolic products for 2 weeks. Avoid chemical peels and tanning (including salons).
- **Avoid Heat & Exercise:** For 48 hours, avoid hot showers, saunas, steam rooms, and strenuous workouts to prevent irritation.
- **Makeup & Shaving:** You may apply makeup and resume shaving 24 hours after treatment.
- **Avoid Anti-Inflammatories:** Do not take Motrin (ibuprofen) or similar products for 2 weeks unless advised by your provider.
- **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:** EltaMD Cleanser
- **Moisturizer:** La Roche-Posay Triple Repair Moisturizing Cream
- **Sunscreen:** EltaMD Sunscreen