

# FRAXEL DUAL LASER PRE & POST TREATMENT CARE

## How to Prepare for Fraxel Laser

For the best results and to minimize side effects, follow these steps before your treatment:

- **Avoid Sun Exposure & Tanning** – Stay out of direct sunlight and skip self-tanners for at least **4 weeks** before your appointment. Tanned skin increases the risk of pigmentation changes.
- **No Active Skincare** – Avoid **retinoids, AHAs/BHAs, vitamin C, and exfoliating treatments** for **5-7 days** before your session to reduce skin sensitivity.
- **No Recent Skin Treatments** – Avoid **chemical peels, micro-needling, or other resurfacing treatments** at least **2 weeks** before your laser session.
- **Come with Clean Skin** – No makeup, lotion, deodorant, or skincare products on the area being treated. Men are to be clean shaven.
- **Tell Your Therapist About Medications & Medical History** – Some medications and conditions can affect treatment safety and effectiveness.

Following these steps helps ensure a **safe and effective treatment** with the best possible results.

## Immediately After Treatment

Proper aftercare helps your skin heal and enhances your results.

- You'll experience **redness, mild swelling, and a rough "sandpaper" texture** for 3–7 days.
- Use **cool compresses** to soothe the skin
- Avoid **sun exposure, hot showers, and vigorous exercise** for 48 hours
- Use gentle, **hydrating skincare** — and **SPF 50+ is a must** every day
- Your skin will gradually improve over the following weeks as collagen builds and pigmentation fades.

## What to Avoid (First 24-72 Hours)

- **Heat & Sun Exposure** – Avoid **direct sun, hot showers, saunas, and excessive sweating** to prevent irritation.

- **Active Skincare** – No **retinoids, exfoliants (AHAs/BHAs), or vitamin C** until your skin has fully healed.
- **Makeup on the Treated Area** – Let your skin breathe for at least **24-48 hours** after treatment

### **Long-Term Care for Best Results**

☀️ **Sunscreen is Non-Negotiable** – Use **SPF 50+ daily** to prevent new pigmentation from forming.

💧 **Hydrate & Protect** – Stick to **gentle, nourishing skincare** to support healing.