



Advanced Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

www.advaderm.com

Board Certified Dermatologists

General Dermatology

Gregory G. Papadeas, D.O.
Steven A. Brenman, D.O.
Jamie G. Surovik, M.D.
Jennifer A. Ray, M.D.
Ryan L. Owen, D.O.
Ryan G. Gamble, M.D.
Jonathan A. Bielfield, D.O.
Dawnielle C. Endly, D.O.
Paul J. Grant, M.D.
Anne H. Hanson, D.O.
Roger I. Ceilley, M.D.

Mohs Micrographic Surgery

James T. Chapman, M.D.
Darlene S. Johnson, M.D.

Dermatopathology

Sean Amsbaugh, M.D.

Pediatric Dermatology

Elizabeth Swanson, M.D.



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PRECAUTIONS TO CONSIDER BEFORE FRAXEL® TREATMENTS

SIX TO TWELVE MONTHS BEFORE TREATMENT:

- Stop use of Accutane

ONE OR TWO WEEKS BEFORE TREATMENT:

- Stop use of all Retinols
 - Retin A, Tazorac, "anti-aging" products
- Stop use of all glycolic acid treatments
- Stop use of all salicylic acid products
- Stop excessive sun exposure
- Stop waxing
- Stop abrasive scrubs
- Stop microdermabrasion treatments

OTHER PRE-TREATMENT SUGGESTIONS:

- Are you pregnant or breast-feeding?
 - If so, you are not a candidate at this time
- Stay Hydrated!
 - Drinking plenty of water before, during, and after your treatment can help the healing process
- Be prepared!
 - Two to three weeks pre and post treatment it is a good idea to avoid excessive sun exposure
 - A hat and sun block (UVA/UVB) must be worn to protect from the sun
- Tendency to hyperpigment?
 - You may need a skin lightening regimen four to six weeks before your treatment series
- Have you **ever** had a cold sore in the area being treated or shingles?
 - You may need an antiviral prescription medication
- A topical numbing cream is required (BLT) to take the edge off
 - We will call in the prescription to a Compounding Pharmacy
 - You will apply a thick layer one hour before the treatment



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How to Care for Your Skin After Treatment

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a *Fraxel re:store*TM laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

- **Skin Care Products.** All of your skin care products should be non-irritating and non-clogging for the first week or so after Fraxel Laser Treatment. Examples of brands that offer very gentle and inexpensive products that are ideal to use: Aveeno[®], Dove[®], Neutrogena[®], and Cetaphil[®], or our professional skin care lines Sanitas and Epionce.
- **Sunscreen.** According to the American Academy of Dermatology, proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should first apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and continue afterwards.
- **Moisturizer.** Remember that peeling and/or flaking is normal during the healing process. Therefore, the product should be non-irritating and non-clogging, else you could develop breakouts. Reapply whenever your skin feels too dry.
- **Scrubs, Toners, Glycolic Acid, and Retin A.** Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. *Read the product labels.*
- **Bleaching Creams.** Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream about one week after your treatment.
- **Resume your normal skin care regimen when your skin has fully healed.**
- **Cold Sores.** If you have a history of cold sores, you may need to pre treat with an anti viral.
- **Shingles:** If you have ever had shingles, you may need to pre treat with an anti viral.
- **Other Instructions:**

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