

NEW ENGLAND DERMATOLOGY

&

Laser Center

**GENERAL POST-PROCEDURE INSTRUCTIONS FOR
FRAXEL LASER, IPL, CHEMICAL PEELS**

Almost all procedures result in some degree of “down time” which may vary depending upon the device used and the intensity of application. In general, the reaction is similar to a sunburn and may include redness, bruising, swelling, blisters, oozing, crusting, peeling, itching, and pain. Discomfort is usually short-lived lasting about two hours. Redness and swelling may last 2-3 days and peeling, if any, is generally mild beginning about the 3rd day and lasting several days.

- Immediately after treatment, you may apply cool compresses 5-10 minutes every 1-2 hours for 1-2 days followed by a fragrance-free moisturizer (Cetaphil, Cerave, Aveeno, Aquaphor, Vaseline, etc.) as often as necessary to relieve any discomfort. **DO NOT** apply ice directly to your face.
- Advil 200mg (2 tablets) every 4-6 hours may be taken if needed for pain relief and if not effective may be combined with extra-strength Tylenol 500mg (2 tablets) every 4-6 hours.
- After 24 hours, you may gently wash with a fragrance-free, soap-free cleanser (Cetaphil, Cerave, Aveeno, etc.). Do not use soap until peeling is complete.
- Apply moisturizer liberally and frequently. Do not let your skin dry out.
- Do not allow soap, shampoo, or detergent on the treated site, apply makeup, apply nonprescription or prescription medicated products, shave, pick, or pull off peeling skin or crust, or use harsh abrasives until the area is healed.
- Avoid contact with anyone who may have a cold sore or other skin infection and contact with animals.
- Please call the office at 413-733-9600 if you experience blistering, pustules, persistent redness, or discomfort.

Once healing is complete, you may resume your normal skin care routine. Newly treated skin is sensitive and precautions should be taken to protect it from sun, cold, and wind exposure. The best advice to maintain the results of your treatment is to apply moisturizer and a broad spectrum (UVA/UVB) SPF30 or greater sunblock containing zinc oxide/titanium dioxide on a daily basis.

The results of treatment are not always immediately apparent and several treatments may be necessary to achieve the desired effect. Treatments are performed to compliment your normal skin care program in a continuing effort to help you achieve and maintain a more healthful and youthful appearance.

Thank you for choosing New England Dermatology & Laser Center for your skin care.