

SKINcredible

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(610) 525-3677

POST-FRAXEL INSTRUCTIONS

- Immediately post treatment your skin will feel like it has been sunburned. This sensation will diminish within 1-3 hours. You may apply ice during this time to help soothe the skin.
- Erythema (redness) of the skin is a normal and expected part of treatment.
- Swelling will likely occur, and for some is the most noticeable on the day following treatment. Ice and 25mg of Benadryl may be taken to help bring swelling down. Swelling typically subsides by the third day following treatment.
- Itching and dryness of the treated area are common symptoms of healing skin. Flakiness and dry crusting will gradually clear with the use of recovery balm.
- Healing time varies from person to person. On average, improvement to skin texture will be noted within 4-5 weeks after treatment. Fine lines and wrinkles will also improve but will take place over the course of 3-6 months.
- **For 1 week following treatment use a gentle cleanser and recovery balm (Restorative Nighttime Bio-Therapy) at least twice a day. After one week you may resume your normal skin care routine.**
- You may shower the day following treatment but avoid hot water to the area. Make-up should not be applied to the treated area for 3 days.
- **SUNBLOCK, SUNBLOCK, SUNBLOCK!!!** Sunblock must be applied **EVERYDAY**. This is critical in preventing future issues. We will be happy to suggest one if you do not have a preferred one. Your sunblock should contain either zinc oxide or titanium oxide (ideally both).

If you have any questions or concerns following your Fraxel treatment, please feel free to reach out to your provider or the Skincredible staff.

(610) 525-3677

or

frontdesk@skincredible.com