

DR. CHRISTINE J. KURZ

plastic • reconstructive • cosmetic surgery

Fraxel 600u Post Procedure Instructions

This skin care regimen is designed to prepare your skin for your Fraxel Repair treatment as well as to keep your skin luminous and healthy after your treatment. **Follow your detailed procedure instructions for direction on when to use each product.**



Biophora Calming Cleanser. Use this cleanser in the **morning** and at **night** to keep your skin clean and fresh. Gentle Cleanser removes excess impurities and oil without drying the skin. This non-irritating cleanser conditions, soothes, and calms.

SkinCeuticals C E Ferulic. Use 3 drops of this serum on your face (5 drops for face and neck) in the **morning** to provide advanced environmental protection against skin aging. This serum also helps your skin heal faster.

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The following are day by day instructions for before and after your Fraxel 600 procedure.

The night after your procedure:

- ☐ Take two 500 mg tablets of Tylenol every six hours, as needed.
- ☐ **DO NOT** take a shower.
- ☐ Limit movements.
- ☐ Carefully use ice packs or frozen peas on the treatment areas, as needed.
- ☐ Stay out of direct light.
- ☐ Keep your head elevated.
- ☐ **ALWAYS** wash your hand before touching the treatment area, and use paper towel to dry hands (not cloth)
- ☐ Have blue pads on pillows to keep your face and pillows clean.

The night after your procedure (continued):

- ☐ **Start using vinegar sprays every 2-3 hours:**
 - a. You will need:
 - i. Paper towel
 - ii. Spray bottle
 - b. How to apply:
 - i. Wash hands thoroughly with soap, rinse and dry before each wound care session.
 - ii. Spray face with vinegar water.
 - iii. If there are any crusted exudes on the skin, spray the paper towel and use a gentle twisting motion to remove.
 - iv. Apply post-laser balm or Aquafor.

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- ☐ **DO NOT** take a shower.
- ☐ Limit movements.
- ☐ Carefully use ice packs or frozen peas wrapped in fabric on the treatment areas, as needed.
- ☐ Stay out of direct light.
- ☐ Keep your head elevated.
- ☐ **ALWAYS** wash your hand before touching the treatment area.
- ☐ Use vinegar spray every 2-3 hours.

Two days after your procedure:

- ☐ Take two 500 mg tablets of Tylenol every six hours, as needed.
- ☐ **DO NOT** take a shower.
- ☐ Limit movements.
- ☐ Carefully use ice packs or frozen peas wrapped in fabric on the treatment areas, as needed.
- ☐ Stay out of direct light.
- ☐ Keep your head elevated.
- ☐ **ALWAYS** wash your hand before touching the treatment area.
- ☐ Use vinegar spray every 3-4 hours.

Three days after your procedure:

- ☐ Take two 500 mg tablets of Tylenol every six hours, as needed.
- ☐ You may begin to shower again, without any direct water onto the treatment areas.
- ☐ Limit movements.

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- ☐ Carefully use ice packs or frozen peas wrapped in fabric on the treatment areas, as needed.
- ☐ Stay out of direct light.
- ☐ Keep your head elevated.
- ☐ **ALWAYS** wash your hand before touching the treatment area.
- ☐ Use vinegar spray twice a day.

Four days after your procedure:

- ☐ Take two 500 mg tablets of Tylenol every six hours, as needed.
- ☐ Stay out of direct light, ensure you wear sunscreen if you leave the house.
- ☐ **ALWAYS** wash your hand before touching the treatment area.

Continue to use vinegar sprays twice a day until the skin is healed (1-2 weeks) you may start to use a bland, fragrance free facial moisturizer (Elta SPF in the am) instead of post laser balm when you feel comfortable. Be sure to avoid sun exposure to maximize results and always wear a minimum SPF 30 when going outdoors, reapplied every three hours.