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.





SkinCeuticals Phyto Corrective Masque. Use this masque post procedure to soothe your skin as needed. It uses botanical extracts, dipeptide, and hyaluronic acid to sooth dry and compromised skin. It will provide immediate relief.

Elta MD Post Procedure Balm. Use this very concentrated moisturizer post procedure as needed to soothe the skin. This products melts upon skin contact, penetrating to help dry and damaged skin retain its natural moisture.





EltaMD UV Facial SPF 30. Apply this sunscreen **daily** before you have any sun exposure. This product provides high UV protection and superior hydration to prevent burning and skin aging.
*SPF type subject to change based on availability and skin type.

wounds have healed.

Vinegar Wash. Use this wash post procedure to clean the skin until it the



Triple Lipid Restore 2:4:2 (Moisturizer). Formulated with concentrated reparative lipids: 2% pure ceramides, 4% natural cholesterol and 2% fatty acids. This product restores the skins external barrier, supports natural self-repair and nourishes the skin for improvement in signs of accelerated aging. It refills essential skin lipids (natural fats) to improve smoothness, laxity, evenness, radiance and pore appearance.

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

he night after your procedure:
☐ Take two 500 mg tablets of Tylenol every six hours, as needed.
DO NOT take a shower.
☐ Limit movements.
\square 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.
he 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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The day after your procedure:
\square Take two 500 mg tablets of Tylenol every six hours, as needed.
DO NOT take a shower.
☐ Limit movements.
\Box 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:
\square Take two 500 mg tablets of Tylenol every six hours, as needed.
DO NOT take a shower.
☐ Limit movements.
\square 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.
\square You may begin to shower again, without any direct water onto the treatment areas.
☐ Limit movements.

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	Fraxei 6000 Post Procedure instructions
	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.
Fou	r 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.