



Beauty, laser & wellness center
Monica Bonakdar, MD

Fraxel Pre and Post-Treatment Instructions

Cold Sores:

1. If you have ever previously experienced a **cold sore or a Herpes Infection** in the area of your Fraxel treatment, you must start on antiviral prophylaxis on the day of your treatment.
2. If this applies to you, inform Dr. Bonakdar. You may purchase Zovirax antiviral at the office or ask for a prescription to take to your pharmacy.

Pre-Treatment Clinical Facial:

1. One week prior to your Fraxel treatment, schedule for a **Dr. B Signature Oxygen Facial** to exfoliate and hydrate your skin.
2. Pre-treatment clinical facial will exfoliate the top layer of your skin and allow your Fraxel treatment to be more effective because it will penetrate deeper into the skin.

Pre and Post-Treatment Products:

1. Randomized double-blind controlled studies have shown significantly better results when Fraxel treatments are combined with home use of cosmeceutical products.
2. From one week prior to your treatment to one week after your last treatment, you will use the following Prescribed Solutions or Skin Medica customizable cosmeceuticals.
 - Cleanser:
 - Don't Be So Sensitive Post Procedure Cleanser
 - Surface Improvement Exfoliating Polish
 - Sensitive Skin Cleanser
 - 4. Serum:
 - Line Subtractor Anti-aging Serum C+AHA
 - Radical Results Anti-oxidant Serum C+E
 - A Bolt of Lightning Skin Brightening Serum
 - Control
 - 5. Moisturizers
 - Correction Fluid
 - Stop the Clock DNA Repair SPF 50
 - Restorative Ointment
 - TNS Ceramide Treatment Cream
 - 5. Sunscreens
 - Lasting Results Moisturizer with SPF 30
 - Up the Anti Full Spectrum Sunblock with SPF 30
 - Environmental Defense Sunscreen SPF 30+

What to Expect After Your Treatment:

1. Immediately following your Fraxel treatment, your skin will be **red** and feel **hot**, like a fresh **sunburn**. Heat sensation lessens over the next hour and is replaced with **warmth**.
2. By the first day after your treatment, you will notice **swelling** in the treated area. The swelling makes the skin feel **tight** and usually continues for the next three to four days.
3. By the second day after your treatment, your skin will **dry** out and begin to feel like **sand paper**.

4. Over the next five days for face treatments and the next ten days for non-facial areas, You will notice **bronze dots** through out the treated area that become **dark brown** as these spots rapidly grow to the surface of the skin. Brown spots once at the surface will start to **exfoliate** and flake off with regular cleansing.
5. Once all the peeling and exfoliation is over, your skin will look radiant and feel very soft.
6. **Icing** the skin helps to decrease the discomfort, heat and swelling. Ice three to four times daily at least 5 to 10 minutes in each area.
7. Taking an antihistamine like **Benadryl** or **Zyrtec** will prevent swelling. Start an antihistamine on the day of your treatment and continue it daily until all the swelling subsides.
8. For Moderate dryness, increase the use of your **moisturizer**. For severe dryness, add **Vaseline** on top of your moisturizer.
9. You may cover the brown spots with **True Mineral Makeup Liquid Tint** in the meantime. This product is pure Hyaluronic Acid which will hydrate your skin and mineral pigment which covers up the red and the bronze. Your skin can breathe and your pores will remain unclogged. This make-up has SPF 17 and contains Idebenone- a potent antioxidant, for an extra layer of protection and healing.
10. We recommend an **exfoliating facial** at one week post treatment to assist in removing the residual pigmented cells that have surfaced.

Post-Treatment Sun Exposure:

1. Excessive sun exposure may cause complications such as blistering, hyper-pigmentation or hypo-pigmentation during the healing phase.
2. Non-excessive sun exposure with SPF 30 or higher sun screen, Glasses and hat is allowed after healing is completed.

Maintenance Protocol:

1. Now that you have taken the steps to improve your skin, it is important for you remain proactive about maintaining your results and your investment.
2. **Home Care Products-** Your skin has the potential to continue to improve during the next six months if you nourish it with high potency cosmeceuticals.
3. **Advanced Clinical Facials** are recommended monthly to maintain your results. Your at home maintenance skincare will be further customized by the clinical aesthetician at these session.
4. **Repeat Fraxel Treatments-** One Fraxel treatment is recommended every twelve months after finishing your series because of on-going sun exposure in Southern California. Further treatments will result in further color correction.

Sun Protection Clothing and Accessories:

Solumbra V Protection clothing and hats are recommended and can order online from their website. Solumbra's UV protection clothing and hats guarantees 30+ SPF protection even after 500 launderings and 500 summer days.

www.supercautions.com.

Contact Information

If you have any questions, please do not hesitate to call the office: **(949) 721-6000**
Dr. Bonakdar can be reached after-hours on her cell phone: **(714) 504-9222**