



Fraxel Restore Pre Procedure Instructions

1. You must not have any tan in the area being treated. This includes a tan from a self-tanning product.
2. You must strictly avoid sun exposure to the area and use a sunscreen for at least 1 month before and 3 months after the procedure. After that time, a sunscreen should always be applied.
3. Use the topical preparation(s) prescribed by the doctor as directed up until the day of the procedure. You will be instructed at your follow-up visit when to resume these topicals.
4. You will begin taking an oral medication, Valtrex, 3 days before the scheduled procedure and will continue the medication for a total of 10 days. This is to prevent the chance of any cold sore (herpes simplex) from developing. If you were not given a prescription at the time of your visit, please call the office at least 1 week prior to your procedure. If a cold sore is present, the procedure must be postponed until completely cleared.
5. Unless otherwise discussed, you will be given Demerol and Valium at the time of the procedure to minimize any discomfort. Therefore, you must have someone drive you home. Please eat something prior to coming.
6. When you arrive for your procedure a topical numbing cream will be applied to the skin.
7. You can expect to have mild to moderate redness (similar to sunburn) for several days after the procedure as well as some swelling. Makeup may be worn immediately. After the redness is gone, you may notice a bronzed appearance to the skin (similar to a light tan) and flaking as the old skin is replaced by new healthy tissue. Your skin will feel drier than usual for about 10 days after the procedure.
8. Payment is due at time of service.