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FRAXEL CO2 BEFORE AND AFTER CARE INSTRUCTIONS
PLEASE READ ME BEFORE AND AFTER PROCEDURE ☺

ITEMS TO PURCHASE BEFORE THE PROCEDURE:

1. **Sunscreen UVA and UVB SPF 30 and above:**
2. **Cetaphil:** You will use this gentle facial cleanser 3 times a day for the first 14 days following the procedure.
3. **Aquaphor:** You will be required to keep your face moistened throughout the day for the first 3 days following the procedure.
4. **Plain white vinegar:** You will use vinegar soaks throughout the day for the first 7 days following your procedure.
5. **Distilled water:** You will use this with the vinegar soaks.
6. **Wash cloths** You will use these for the vinegar soaks.
7. **Ice packs:** These will be used to keep the face cool and moistened after the procedure.
8. **Baby Shampoo:** You will use baby shampoo to wash your hair daily until you are completely healed.
9. **1% hydrocortisone cream:** May be used on the skin for itching.
10. **Vitamin C (1000mg daily):** Take Vitamin C beginning 2 weeks before your procedure and continue daily for 3 months to help with inflammation.
11. **Arnika and Bromelin:** These are herbal supplements that aid in bruising and swelling. You can purchase these products at our office (\$30 for a 1-week supply), Whole Foods or Sprouts. You can begin these supplements up to one

WHAT IS IT?

- **What it does:**
 - The MiXto SX and Pro laser resurfacing procedure is ideal for patients of all skin types for the treatment of fine lines, skin laxity, wrinkles, sun damage, melisma, brown spots, acne scarring, stretch marks, tattoo removal, and numerous other epidermal lesions
- **How long does the procedure take?**
 - Mild treatment (one pass): 30 minutes
 - Moderate treatment (two passes): 1 hour
 - Very aggressive treatment (3 or 4 passes): 2 hours

PRE-PROCEDURE INSTRUCTIONS:

- **Before the procedure:**
 - Avoid excessive sun exposure for 2 weeks prior to your treatment.
 - Avoid contact with anyone who currently has cold sores 1 week prior to treatment.
 - Stop harsh soaps and exfoliants (products containing alpha hydroxyl or glycolic acids) 1 week prior to treatment.
 - No alcoholic beverages or smoking 7 days before the procedure.
 - Fill prescription for pain medication
 - Discontinue agents that cause bruising and swelling:
 - Vitamin E, fish oil, ginko biloba, garlic supplements, cholesteroil medications, pepto-bismol, alka seltzer, oil of evening primrose
 - Aspirin, ibuprofen, naproxen
 - Plan to undergo the procedure before or after your menstrual cycle—Not during.
 - If you have a history of cold sores, take Valtrex (which we will provide for you)
 - Valtrex 500mg, 1 tablet twice a day for 10 days. Start 3 days before your scheduled treatment.
 - If you have a history of diabetes, take Diflucan
 - Diflucan 150mg, 1 tablet twice a day, every other day for 7 days. Start this medication 4 days after the procedure.

- Begin your antibiotic the day before your procedure:
 - Keflex 500mg, 1 tablet 4 times a day for 7 days.
- **Day of the procedure:**
 - Take a thorough shower and shampoo your hair the morning of the procedure.
 - Wear loose fitting clothing that button or zip-up the front.
 - Remove contact lenses before the procedure.
 - Arrive with a clean face that is shaven (male patients)
 - Arrive with face free of make-up (or wash off prior to treatment)
 - No make-up, cosmetics, creams, perfumes, lotions, powders
 - Arrive with long hair pulled back out of the way of the face
 - No hairspray or gel on the hair
 - Remove earrings and facial jewelry
 - Plan to arrive 45 minutes before your scheduled appointment for numbing.
- **At the procedure:**
 - Thoroughly wash treatment area prior to application of topical anesthetic
 - We will apply topical anesthetic when you arrive. The topical anesthetic will remain in place for 45 mins – 1 hr.
 - Complete your intake packet with list of all medications.
 - Take oral pain reliever (if desired) 1 hour prior to treatment. If taking pain medication, please have a driver.

POST-PROCEDURE INSTRUCTIONS

- **General instructions:**
 - ***Elevate your head after your procedure:*** When sleeping the first night after the treatment, elevate your head by 45 degrees using 2 pillows under the small of your back and 2 pillows under the head and shoulders to help reduce swelling. Placing a pillow under each elbow will help you stay in position if desired.
 - ***Alcohol:*** No alcoholic beverages for at least 48 hours post-procedure as this will increase bruising and swelling
 - ***Exercise:*** No strenuous exercise for the first 48 hours after the procedure. No bending, squatting, straining, heavy lifting or heavy perspiration. The less energy you use for doing things, the more energy your body will have for healing.
 - ***Facial expressions:*** Limit facial expressions until healed.
 - ***Pools:*** No hot tubs, swimming pools or saunas until redness has completely resolved.
 - ***Make-up:*** non-irritating hypoallergenic make-up (mineral make up) can be used 3 days after the procedure but is best avoided until all scabbing has resolved.
 - ***Sun:*** Avoid direct sun exposure for 3 – 5 days or longer (until redness is completely gone). If you must go outside, use SPF 30 or above.
 - Re-apply sunscreen every 2 hours for 3-6 months after treatment any time outside in the sun.
 - Use physical blockers like hats, scarves, and sunglasses when possible.
- **Showering**
 - You can shower or bathe at any point after the procedure but avoid hot showers or baths for the first 24 hours. Preferably, take short warm showers (cool showers may be soothing and help remove heat).
 - If you take a shower during the exfoliation (peeling) phase, avoid using hot water directly on the treated area. A direct forceful stream of water can lead to the exudate being prematurely peeled off leading to scarring.
 - After bathing, gently pat dry the treated area with a soft cloth. Never wipe hard with a towel.
 - Wash your hair daily with baby shampoo until completely healed.
- **Cleanses/Soaks/moisturizers: Repeat every 4 hours for the first week or until all crusting is done**
 - This will help keep the skin moist, will aid in removing exudate build up (crusting) and will also allow the topical moisturizers to better penetrate the surface of the skin.
 - ***Cleanse:***
 - Gently wash the treated area with Cetafil. Lather the Cetafil on your hands then pat gently on the skin. Afterwards, softly pat dry your face with clean towel or wash cloth without any rubbing.

- **Vinegar Soak:** *Gentle cleaning and soaking with a diluted vinegar solution (which is mildly acidic) will help dissolve any unwanted material from the wounded skin, alleviate discomfort, promote healing, and inhibit bacterial growth. Vinegar will also promote blood circulation and regulate the pH of the skin.*
 - Prepare a water/vinegar solution as follows:
 - Mix 1 teaspoon (5 cc) of plain white vinegar with 1 cup of cool distilled water.
 - If this stings or burns, dilute the vinegar solution by using 1 teaspoon to 2 cups of distilled water.
 - This solution may be mixed ahead of time and put in the refrigerator.
 - Prepare a new solution every time to prevent contamination.
 - Take a clean wash cloth and soak it in the vinegar/water solution. Ring out any excess and lay it over the treated area for 10 – 15 minutes. Do not rub vigorously but using the wash cloth you may gently remove (don't pick) any loose crusting.
 - When done soaking, gently pat the treated area with a dry clean soft towel. You can't soak too much. Soaking will reduce redness and speed healing!
- **Moisturize:**
 - Re-apply Aquaphor for the first 2 or 3 days only. Then stop using Aquaphor and replace with a mild and less occlusive moisturizer until you are finished peeling.
- **Sunscreen:**
 - Use sunscreen and regular moisturizer once skin is done peeling and is pink.
- **What to expect:**
 - **Phases:**
 - **Burning phase (up to 3 hours)**
 - Cool tissue, keep moist
 - **Re-epithelialization/crusting phase (days 1 – 2):**
 - Keep moist, use soaks, prevent infection, You will look the worst 48 hours after treatment.
 - **Exfoliation/shedding phase (days 3 -5):**
 - Use a complex moisturizer, apply sunblock if going outdoors, can use hypo-allergenic make-up. Don't pick!
 - **Final healing phase (day 6 or 7)**
 - Start long-term skin care, sun avoidance continues.
 - **Pain:**
 - Other than a mild burning sensation for the first few hours, most patients experience no other pain. For mild pain, you can take Tylenol. Do not take Aspirin or Aspirin related products during the healing period.
 - Note: Intense pain may be a sign of infection and in such cases you should seek medical care.
 - **Itching:**
 - Some patients experience a high level of itchiness for 2 -3 days post procedure. This is normally due to the release of histamines during the healing process.
 - 1% Hydrocortisone cream may be applied topically once or twice a day to the treated area for itching for 2 days.
 - Alternatively, you can take an over-the-counter oral antihistamine like Benadryl for itching. Keep in mind, this may cause drowsiness.

FOLLOW UP APPOINTMENTS:

- It is important to be seen by Jackie or Chona on/or around day 3 and day 7 after treatment.
- Remain close to the office for the first 7-10 days after the procedure in case of any side effects.
- If you are from out-of-town and cannot see Jackie or Chona at the recommended frequency, then it is strongly advised that you establish a relationship with a provider in your hometown who can follow your progress or evaluate you in case of infection. **Jackie and Chona cannot evaluate you or treat you over the phone, via email, or from a distance. In the event of a complication, please plan to visit our office for a postoperative visit or seek care from your local provider. We cannot provide referrals and cannot manage complications from a distance.**
- Call to schedule your appointments at (949) 515-4111 between the hours of 9:00 AM and 5:00 PM, Monday –

Thursday and between 9:00 AM and 2:00 PM on Fridays. The office is closed on Saturday and Sunday.

Please call the office at (949) 515-4111 or TEXT Jackie (PA-C) or Chona (R.N.) on their cell phones if:

- Fever, chills, pain after treatment that is not relieved by the prescribed pain medication, excessive redness, blistering, excessive swelling, bleeding, excessive itching, yellow or cloudy discharge
- *You may text or email Jackie or Chona with questions or concerns. Please include your name, surgery, date of surgery, and question in text message, Email or voicemail.*
 - **Jacqueline Brambila:**
 - Cell phone: 818-681-5882
 - Email: Jacqueline@drdubrow.com
 - **Chona Moore:**
 - Cell Phone: 310-621-7253
 - Email: Chona@drdubrow.com