

Fractional Laser Post-treatment Guidelines

What to Expect Following Treatment

Mild swelling (puffiness) and sometimes blanching is expected immediately post treatment and generally resolves within 24-48 hours. It may last 3-5 days for people with extra-sensitive skin. Some patients experience redness, broken capillaries or bronzing in the treatment area for 1-3 days after treatment. This may persist in a mild form for several weeks, particularly in areas other than the face.

What to Do

- Application of cool gel packs and moisturizers immediately following treatment can help alleviate post treatment itchiness and stinging that may occur.
- Gentle cleansing and use of mineral-based makeup is permitted after treatment.
- Use non-irritating **moisturizers** throughout the healing process.
- Avoid use of products containing retinoids (retinol, Retin-A, tretinoin, retinyl palmitate, retinyl propionate) between treatments and a few weeks following final treatment.
- Avoid injury to the treated area for at least 2 weeks following treatment.
- **Use sunscreen with SPF 30+** and UVA/UVB protection along with a **sun blocker** like zinc oxide between treatments. Continue to **wear SPF 30+ at least 6 months after final treatment**, whenever you are outside. (We recommend EltaMD® products, available in our office.)

The Healing Process

The fractional laser treatment stimulates collagen growth in your deepest layer of skin, which causes new, healthier skin to form. You will see noticeable change in the first two weeks, with continued improvement in skin tone and texture 2-6 weeks after treatment. During the first two weeks, some patients experience a mild prickling sensation under the skin as the new skin forms, noticeable when pressure is applied to the skin surface. Some itching or dryness may occur, which will gradually clear. Moisturizers and sunscreen are your best friends; use them generously.

Possible Side Effects

While most people have no issues, there is a low risk of prolonged itching, redness, blistering, lightening or darkening of skin color, burns, bruising, or erosion, some of which may result in scarring. Please call our office if you experience any of these symptoms.