

What is Fraxel Laser?

There are two types of resurfacing treatments: ablative and non-ablative. An ablative laser causes superficial damage as it removes the surface layer of the skin helping with improvement to superficial imperfections. Non-ablative lasers stimulate collagen and help with underlying skin resurfacing.

Fraxel is a treatment that offers patients the positive results of ablative resurfacing with the low-impact benefits of non-ablative therapies. Fraxel produces tiny, microscopic sites of thermal impact which aids in the goal of improving the skin's appearance, building collagen and evening out skin tone and texture. Fraxel is non-ablative, therefore resulting in a milder post appearance.

Pre-Treatment

Prior to treatments, patients should be wearing daily SPF to protect their skin, and should avoid too much sun exposure as this could cause pigmentation issues.

Patients should come in for treatments with their face cleansed and no makeup on.

If patients have a skin condition known as melasma, using a hydroquinone-based cream for a few weeks prior to treatment would be recommended to prevent worsening of this condition.

Details of Procedure

Photos will be taken prior to treatment to record progress. The skin is then cleansed and a topical numbing cream (Lidocaine) will then be applied to the area being treated and left on the skin for approximately 1 hour. This will help to diminish discomfort, which has been described as a mild to moderate prickling/burning sensation. Treatment is well tolerated, but pain can vary from patient to patient. Patients should expect to be in the office for approximately 2 ½ -3 hours. Patients will benefit from 4-5 treatments to achieve their optimal goal. In order to maintain results, Fraxel treatments should be done 1-2 times a year thereafter and a good skincare routine should be in place.

Post Treatment Care

An SPF will be applied to your skin following your treatment. It is very important to wear a minimum SPF 60 post treatment. Side effects typically involve swelling and redness.

Swelling usually subsides within 1-3 days, and can range from mild to severe. The redness can look like a moderate sunburn, which will fade over several days.

With some treatments of Fraxel, brown spots can become more prominent for a few days, then gradually peel and flake off over a period of up to a week, sometimes a bit longer depending of the area being treated.

Patients can use makeup following treatment to cover some of the residual redness. The Skin Spa nurses are well trained in color matching you and complimentary make up can be applied post procedure to help disguise the after effects of the Fraxel treatment.

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Patients can return to routine activities right away, however in order to reduce the amount of swelling, it is preferable to take a day or two off from any vigorous exercise, use ice packs regularly, sit up for the rest of the day, and use some extra pillows to sleep. Also, if you have a history of cold sores, Valtrex may be prescribed for you to reduce the risk of an outbreak.

Some have also experienced itching, dryness and flaking after treatment. Some roughness and a sandpaper feeling on the surface of your skin are common for several days after your treatment. Use non-reactive moisturizers and moisturizing sunscreens that do not cause irritation to help this condition. Please do not scrub the treated area aggressively when cleansing after your treatment. You may wash with a mild cleanser, but do not use any harsh or active topical products during the Fraxel treatment series. Avoid the use of retinoid's and topical corticosteroids for 1-2 weeks following treatment. Avoid systemic steroids (ie Prednisone, Dexamethasone) throughout the course of the Fraxel treatment.

Possible Risks

There are limited risks associated with Fraxel laser. The risk of infection or scarring is extremely rare.

**Please Note -- We do require a 20 % deposit when booking all procedures in the Skin Spa.*

Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 +hst for every ½ hour of procedure time that is cancelled or \$150.00 +hst for consultation appointments that are cancelled without the required 48 hours' notice.

If purchasing packages of treatments, please be advised that packages must be fulfilled within a year from the date of the first treatment within the package.