



Fraxel re:store<sup>®</sup> **DUAL** system

PATIENT DIARY



## CASE STUDY

### Patient

A 47-year-old female Executive Assistant seeking treatment for sun spots, which have worsened over the years. She has an active outdoor life style and enjoys hiking and gardening. Her dermatological history is positive for rosacea, for which she uses Metrogel as needed.

### Physician

Steve Struck, M.D. board-certified plastic surgeon practicing in Atherton, California.

### Treatment

Full face: 1927 nm, 10mj, Treatment level 7 (50% coverage), administered in 8 passes.

Incorporated single operator cooling with Mini-Cryo set at cooling level 5.

### Preparation

A topical anesthetic ointment was applied one hour prior to procedure. Removed immediately before the treatment.

### Follow-up care

Gentle cleansing (Cetaphil gentle facial cleanser), Moisturizing (Aquaphor healing ointment) and Sun protection (Neutrogena SPF 70).

BEFORE



## TREATMENT EXPERIENCE

### *Patient*

The numbing gel really works, I'm totally numb. The procedure was completely painless and actually felt nice with the cooling air that sort of felt like cool mist. My face started to tingle about 10 minutes after the procedure. When the numbing gel wore off, my face felt hot and very tingly, like a "fresh" sunburn. This lasted about an hour. I took Ibuprofen to ease the sunburn feel.

### *Physician*

Patient was relaxed and tolerated the procedure very well. She reported a pain score of 1 on the 0 to 10 scale, 10 being the worst pain. Mild erythema and almost no edema immediately post procedure, as normally expected.

## IMMEDIATELY POST TREATMENT



## DAY 1

### *Patient*

*I slept well (last night), not uncomfortable at all. A bit itchy, I can't get enough moisturizer on my face!*

### *Physician*

*Pruritus is a common side effect, which can be relieved by the use of an ice pack and liberal application of moisturizer. It is not uncommon for the patient to look a bit more erythematous than they did immediately after treatment.*



## DAY 2

### *Patient*

*I am pretty brown, skin is very dry, has a sandpaper-like feeling. At 9:00 pm, I saw first signs of peeling.*

### *Physician*

*If you look carefully, you can see the individual laser "dots" on the skin surface. This contributed to the overall darkened appearance.*



### DAY 3

#### *Patient*

*Wow, I am officially peeling!  
And it feels so much better.*

#### *Physician*

*Desquamation usually  
occurs day 3 – 4 after a face  
treatment. At this time, patient  
should refrain from picking or  
manually exfoliating  
the treated area to allow  
natural healing.*



### DAY 4

#### *Patient*

*It's almost all off, just a bit still  
along the jawline, hairline and  
nose tip. All the pigmentation  
has faded away.*

#### *Physician*

*Desquamation tends to  
start from center face,  
as observed here.*



## DAY 5

### *Patient*

*Everything is off, skin looks luminous, baby soft. People who have not seen me in a while, noticed a "glow" about me.*

### *Physician*

*Patients in general feel much better when desquamation completes.*



## 1 WEEK

### *Patient*

*I am so glad that I did this and it's a pretty amazing result for just 7 days later. Now it's smooth, clear, slightly pink, healthy look. I will be diligent with the SPF and hat wearing when I exercise or work in the yard.*

### *Physician*

*Patient still has some redness but nothing significant. Sun avoidance/sun protection is essential after a laser resurfacing procedure, both to protect the skin and prolong the results.*



## WEEK 2

### *Patient*

*I have not put any make up on my face at all. Just moisturizer and it's a great feeling. My skin is still very smooth and my cheeks have a healthy pink glow.*

### *Physician*

*All redness is resolved at this time. Patient may return to her skin care routine.*



## 1 MONTH

### *Patient*

*I have one small area of pigmentation that is much lighter than before but remains; I have been told it is due to the depth of the pigmentation. Overall I am delighted with the outcome and have recommended the procedure to several friends and family!*

### *Physician*

*At this time, a series of 1550 nm treatments may be considered for further improving some of the deeper pigmentation, as well as long term collagen remodeling to address deeper wrinkles. In addition, a good skin care regimen and sun protection will help to maintain clearance of superficial pigmentation from the 1927 nm treatment.*



BEFORE



1 MONTH AFTER





