



## Fractional CO2 Laser Post Care Instructions

**Be sure you DO NOT leave our office without your POST-PROCEDURE CARE PACKET. Your customized POST-PROCEDURE CARE regimen includes:**

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**Your procedure has removed some of your skin's protective layer. The delicate new tissue needs protection and help with healing. For best results follow these post procedure instructions. If there are questions or concerns in the days following the procedure, please call our office at 281-398-5001.**

### **DAY of Procedure**

- 1) Cold packs may be applied to treatment area as needed for discomfort.
- 2) The emollient your provider recommended should be applied immediately after procedure and every 2-3 hrs as needed for discomfort or dryness.
- 3) Gently wash 4 hours after treatment using the gentle facial cleanser provided, or one of your choice. Pat skin dry, do not rub and do *not* allow your skin to dry out.
- 4) Apply your emollient ointment (or Aquaphor) immediately after cleansing skin to retain moisture and create a barrier for the skin.
- 5) Repeat cleansing the skin and applying the emollient ointment (or Aquaphor) approximately every four hours during waking hours.
- 6) Elevate your head using pillows to reduce swelling, especially if treatment focused around eye area.
- 7) It is best to go outdoors **as little as possible**. Your skin will be **VERY** sun sensitive. However, if you go outside you should wear the sunscreen provided in your take home kit, or a high quality, gentle, Zinc Oxide based SPF 30+ Sunblock, plus a wide brimmed hat.

- 8) Unless prior arrangements were discussed, you will be provided preventive medications for cold sores and excessive swelling immediately after your treatment. This includes 2-acyclovir 400mg and one prednisone 10mg.

### **The 1st Day Following Treatment:**

- 1) Day 1 post-treatment, take the medications as indicated on medication packets provided (Acyclovir 800mg and Prednisone 10mg).
- 2) Gently cleanse the skin in the morning with facial cleanser. Remember to pat skin dry, no rubbing and do not let skin dry out.
- 3) Apply ointment (or Aquaphor) immediately after cleansing.
- 4) Wash using facial cleanser provided mid-day if itching occurs and reapply ointment (or Aquaphor).
- 5) Use the facial cleanser again in the evening followed by ointment (or Aquaphor).
- 6) For irritation, you may use a solution of 1 Tablespoon white vinegar in 1 cup water and soak the treated skin using gauze for up to 15 minutes.
- 7) Benadryl 25 mg every 6 hours may be used for itching or swelling.
- 8) Extra Strength Tylenol (2) may be used for discomfort.
- 9) It is best to go outdoors **as little as possible**. Your skin will still be **VERY** sun sensitive. However, if you go outside, wear SPF 30+ sunblock or the sunscreen provided in your take home kit. Other treated body areas should be covered with clothing.

### **Day 2 following treatment:**

- 1) Day 2 post-treatment take the medications as indicated on medication packets if provided (Acyclovir 800mg and Prednisone 5mg).
- 2) Gently cleanse the skin in the morning with facial cleanser. Remember to pat skin dry, no rubbing and do not let skin dry out continuing to use thin layer of ointment, (or Aquaphor).
- 3) Wash using facial cleanser provided mid-day if itching occurs, followed by a thin layer of ointment (or Aquaphor).
- 4) Cleanse the skin again in the evening, followed by ointment (or Aquaphor).
- 5) Continue to follow sun exposure precautions.

### **Day 3 following treatment:**

- 1) No further medications are necessary, unless previously determined by your provider.
- 2) The greatest amount of peeling tends to occur on day 3 or 4. You may begin to notice peeling on day 3. Vinegar and water soaks may be used to aid in peeling, but **DO NOT PICK YOUR SKIN!!**
- 3) Some pin point bleeding may occur at this point due to the peeling. This is normal and should cause no concerns.

- 4) Apply ointment (or Aquaphor) liberally for moisture, and to ease the dryness due to the peeling.
- 5) Wash using your facial cleanser mid-day if itching occurs, followed by ointment (or Aquaphor). DO NOT allow your skin to dry out.
- 6) Continue to follow sun exposure precautions.

#### **Day 4-10:**

- 1) You will have a follow-up appointment with your provider and aesthetician to discuss proper long-term post procedure skincare
- 2) Continue using your facial cleanser morning and evening, followed by ointment (as necessary for dryness) until all redness has gone.
- 3) Apply a generous amount of a high quality moisturizer morning and evening. Apply more often if the treated area feels dry. You want to prevent drying to the treatment area. TNS Essential Serum, TNS Dermal Repair, or Biopelle Tensage Intensive Serum 40 (all growth factor serums) is strongly recommended.
- 4) Gentle Mineral makeup or your own established cosmetics may resume on day 4, as peeling allows.
- 5) It is best to go outdoors **as little as possible**. Your skin will be **VERY** sensitive. However, if you do go outside you should wear a high quality zinc oxide based sunblock. If your face was treated you should also wear a hat. Other treated body areas should be covered with clothing.
- 6) To protect the investment you made in your skin, we strongly recommend a daily habit of high quality mineral based sunblock, SPF 30+.

#### **Continued Care:**

- Your skin will continue to grow new collagen and become more elastic as a result of the treatment for up to one year. Patients continue to notice improvement in skin quality months after treatment. Our patients report their results last 5-8 years after treatment.
- During the year after treatment, it is the most important time to provide your skin with the necessary building blocks for this transformation: retinols, nutrients, growth factors and moisture along with high quality SPF protection.
- Please remember to take care of your skin from the inside out: eat adequate protein and a healthy diet, ensure that you take a regular vitamin including vitamin C and keep hydrated.
- Please make regular visits with your esthetician to discuss the ongoing care for your skin and protection of your investment.

