



## FRACTIONATED CO2 POST TREATMENT PROTOCOL

### Day of Procedure:

- Your Laser Resurfacing procedure is scheduled on \_\_\_\_\_ at \_\_\_\_\_.
- Please allow 1-2 hours for your appointment. There will be 30 to 60 minutes of topical numbing before you treatment.
- Bring ALL the laser medications to the office with you on the day of your treatment.
- Start taking ACYCLOVIR a prophylactic medication for Herpes Simplex (cold sores) two days before your procedure. If prescribed, start taking the ANTIOTIOTIC one day prior to procedure.
- You must have a ride home after your procedure if you plan to take pain or anxiety medications. Lyft, Uber, or Taxi is not acceptable. DO NOT drive or operate heavy machinery while taking these types of medications.
- Please dress comfortably and wear a loose, dark colored shirt that buttons or zips up the front.
- Shower and wash hair before procedure. Do not use hairstyling products, makeup/mascara or cream on or around the areas to be treated.
- Male patients should shave the morning of their treatment.
- Do not wear contact lenses; if needed bring your glasses.
- Leave all jewelry at home. We are not responsible for any lost items.
- **PLEASE EAT BEFORE COMING TO THE OFFICE ON THE DAY OF YOUR PROCEDURE. TAKING MEDICATION ON AN EMPTY STOMACH CAN RESULT IN NAUSEA OR VOMITING**
- Please refrain from the following activities within 30 days of your scheduled procedure:
  - Self Tanners, tanning beds or tanning in the sun
  - Chemical peels, microdermabrasion, waxing

### Please notify the physician if:

- You have been on Accutane in the past year.
- You are taking photo-sensitizers such as Tetracycline, Naproxen, estrogen and progesterone( oral contraceptives), Chloroquine, etc .
- You are pregnant or think you may be pregnant.
- **You have an active cold sore, you MUST reschedule your procedure.**

### **What to expect after laser resurfacing:**

- Expect 5-7 days of downtime. Moderate redness , crusting and tenderness is normal. You may also have some pinpoint bleeding the night of the laser and/ or the following day.
- You may have a yellowish exudate that weeps from the treated area. Do not try to scrub it off. It will resolve naturally.
- Swelling is expected and may be more pronounced in the lips and around the eyes
- You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening but will improve over the next few days. Your skin will feel tight and itchy, especially while peeling.
- Oxygenetics or other post procedure makeup may be applied 1 week after your treatment.
- You may resume your regular skin care routine after 2 weeks
- Pinkness or redness of skin may remain up to 6 months depending on the depth of your laser
- Final results of surgery may take several months to appear

### **PRE TREATMENT INSTRUCTIONS**

1. Especially with darker phototypes , it is recommended that you apply a topical bleaching cream and Retin-A / Retinol for four weeks before your laser to inhibit melanin production. While it is not an absolute necessity it is highly recommended. In addition, starting these products after laser will help maintain your results.
2. Do Not take Aspirin/ Aspirin containing products, ibuprofen, blood thinners or other anticoagulant medications.
3. You will be provided an antiviral for prophylaxis for Herpes Simplex(cold sores). Start taking acyclovir two days prior to your procedure, and 5 days following your procedure. Lasering small areas or simple scars may not require many of the laser medications
4. Discontinue glycolics and retinoids (Retin -A, Tazorac, Differin, Epiduo, and over-the-counter Retinol) five days before treatment.
5. Sun and UV lamp exposure should be avoided for one month prior to treatment.
6. Avoid the use of all Self-tanners 2 weeks before treatment.

## **POST TREATMENT CARE**

1. Right after treatment patients should apply an occlusive balm (Faceology Advanced Healing Ointment, Aquaphor, or Vaseline) to the treated area and apply **CONTINUOUSLY** during the healing process to prevent direct contact between the treated tissue and air. The use of the occlusive balm improves patient comfort and reduces the sensation of pain and burning by preventing air from contacting the treated region. After healing is completed an intense moisturizer may be used.
2. When you get home from the office , place cold compresses (gauze or wash clothes soaked in cold water) on the treated area. This will help reduce the heat and swelling. We recommend Using a bowl filled with ice and gauze/ wash clothes, so as one compress loses its chill, another is ready. This can be done for the first several days at 15 minute intervals.
3. Patients can gently wash area with tepid water and a gentle cleanser (Faceology Ultra Gentle Cleanser or Cetaphil type cleanser) twice daily starting the morning after your treatment. Then immediately re-apply occlusive ointment.
4. Vinegar soaks may be applied to reduce burning sensation and reduce possibility of infection.
  - \* Mix 1 Tablespoon white vinegar with 1 pint of cool water; use gauze/wash clothes to soak the treatment site for 15 minutes at a time. Then re-apply occlusive ointment.
5. Patient may shower the next day, but avoid hot water/steam on the treated area.
6. Avoid “picking at” and aggressive scrubbing of the exfoliating skin—allow it to gently exfoliate during the washing process.
7. Sleeping with head elevated on pillows (head above heart) the first few nights post treatment can minimize swelling .
8. Avoid direct sun exposure. Apply sun block SPF 30+, when skin has healed. Sunscreen with titanium oxide, zinc oxide provides broader spectrum.
9. Wear a protective hat or visor the first 2 weeks while outdoors.
- 12 Avoid topical exfoliation for 4 weeks.

**PLEASE CONTACT THE OFFICE IF YOU EXPERIENCE EXCESSIVE REDDENING, INFECTION OR BLISTERING.**