



## *Fractional CO2 Laser Pre & Post Treatment Instructions*

### **Pre-Treatment**

- No sun exposure or tanning bed for 4 weeks before treatment
- No self-tanner/spray tan on area being treated for 3 weeks before treatment
- Must discontinue Accutane 6 months before treatment
- Avoid medications that promote bleeding/bruising for 7 days before treatment (aspirin, ibuprofen, Motrin, Aleve, Advil, Excedrin Migraine, vitamin E, fish oils).
- Notify your provider of any medication changes
- Please arrive to your appointment with a clean, makeup free face
- Discontinue retinols, Tretinoin, glycolics, alpha and beta hydroxy acids, hydroquinone, and exfoliants 5 days before treatment
- Avoid smoking before and after treatment. Smoking delays healing and can have a significant impact on the duration of your downtime as well as your overall results
- 5 days before your treatment, increase your water intake! The more hydrated your skin is, the better your results will be!
- You will be given a prescription for an antiviral medication. Please take your first dose 48 hours before your treatment, then continue to take as directed
- If you were instructed in your consultation to pre-treat your skin, you are required to follow the regimen provided to you. Failure to use the pre-treatment products as directed will result in not being treated.
- Anticipate it taking 3-6 months after your final CO2 treatment to see your complete results. Additional treatments may be needed to achieve desired results.
- Injections like Botox/Dysport or fillers can be performed up to 48 hours before your treatment, or at least 2 weeks after.

### **What to Expect**

- Immediately after treatment your skin will be red and will begin to swell
- Your skin may continue to swell the first couple of days (especially around the eyes). This is normal and will begin to subside after several days. Drinking alcohol, eating foods high in sodium, and exercising can increase swelling. Sleep with an extra pillow to elevate your head to lessen the potential for swelling.

- You may develop some crusting – do not pick!
- Redness is normal and part of the healing process. How long it takes to subside depends on your baseline skin, treatment goals, and aggressiveness of your treatment.

*Please call our office with any questions or concerns at 404-832-0300*