



## **FRACTIONATED 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.

- Underlying pink to your skin is normal weeks after your laser treatment, especially in more delicate areas like around the eyes.

## **POST-TREATMENT**

### **Day of Treatment:**

- Redness, swelling, and heat are normal post treatment and should be expected
- Wash your hands frequently and avoid touching the treated area
- Keep your skin moisturized the first day with Alastin Ultra Light Moisturizer. Reapply often. Your skin should look and feel moist at all times.
- Sleep with a clean pillowcase
- Sleep with an extra pillow to elevate your head. This will help lessen swelling
- Do not let pets touch or lick the treated area
- Avoid drinking alcohol to limit bruising and other complications

### **Night 1:**

- 1 hour before bed, wash your face and neck in the sink (not the shower) with Ultra Calm Cleansing Cream and cool water. Use only your hands, no washcloths, cleansing brushes, cotton pads, etc. Gently pat your skin dry with a clean towel, then apply Regenerating Skin Nectar and Ultra Light Moisturizer.

### **Day 2-7+**

- AM
  - Wash with Cleansing Cream using cool or room temperature water and gently pat skin dry
  - Apply Regenerating Skin Nectar
  - Apply Soothe + Protect Recovery Balm
  - Wait ten minutes, then apply SilkShield All Mineral Sunscreen
  - Repeat these steps 3 times throughout the day
  - Avoid sun exposure
- PM
  - Wash with Cleansing Cream using cool or room temperature water and gently pat skin dry.
  - Apply Regenerating Skin Nectar and Soothe + Protect Recovery Balm
- Continue to only use the products provided to you in your post-procedure kit

- It is extremely important to avoid sun exposure for 4 weeks after treatment. Failing to do so may result in adverse outcomes like burning and/or pigmentation issues. Use a broad-spectrum SPF of 30 or higher. Reapply every 2 hours if going out during the day
- If your skin feels uncomfortably tight or itchy, you can soak a clean washcloth in cool water and lay on your skin for a few minutes. Continue to apply Soothe + Protect Recovery Balm as needed
- Peeling, flaking, and rough texture are normal. Allow the skin to flake off naturally and do not rub, pick, or peel as it heals. This may result in scarring and infection
- Continue to take Valtrex as directed
- Change your pillowcase daily
- Avoid exercise, sweating, excessive heat, saunas, hot tubs, etc. for 7 days
- Do not scrub or exfoliate your skin for at least 7 days
- Avoid makeup for 7 days. Wash your makeup brushes/sponges prior to wearing makeup again
- You may resume using your normal skincare products after 7 days

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