



Fractional CO2 Laser Pre & Post Treatment Instructions

Pre-Treatment

- Avoid sun exposure for 4 weeks before your treatment, and no self-tanner/spray tan on area to be treated for at least 3 weeks.
- No Accutane for 5 months.
- Avoid medications that promote bleeding/bruising for 7 days (aspirin, ibuprofen, Motrin, Aleve, Advil, vitamin E, fish oils).
- Notify your provider of any medication changes.
- Please come to your appointment with a clean, makeup free face.
- Discontinue retinols, Tretinoin, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment.
- 5 days before your treatment, increase your water intake. The more hydrated your skin is, the better your results will be!
- If your face is being treated and you have a history of facial cold sores, please let us know. You will be given a prescription for Valtrex to prevent an outbreak.
- 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 complete results. Additional treatments are often required to achieve desired results.
- Injections like Botox/Dysport or fillers can be performed up to 48 hours before. If considering injectables after laser, we recommend waiting 2 weeks.

WHAT TO EXPECT

- Immediately after treatment your skin will be red and may 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 'shiny' with Sheald Recovery Balm. Reapply as needed. Your skin should look and feel moist at all times. 1 hour before bed, wash your face in the sink (not the shower) with SkinCeuticals Soothing Cleanser. Use only your hands to wash, no washcloths, cleansing brushes, cotton pads, etc. Gently pat your skin dry with a clean towel. Then apply Sheald Recovery Balm. Reapply if needed before bed
- 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

Day 2-7+

- AM
 - Gently wash with cool or room temperature water and pat skin dry. Only use your hands, no washcloths, cleansing brushes, cotton pads, etc.
 - Apply SkinCeuticals Advanced RGN-6, then a thin layer of SkinCeuticals Hydra Balm. Do not rub or pull skin
 - Wait ten minutes, then apply SPF
 - Avoid sun exposure

- PM
 - Gently wash with cool or room temperature water and pat skin dry. Only use your hands, no washcloths, cleansing brushes, cotton pads, etc.
 - Apply SkinCeuticals Advanced RGN-6, then SkinCeuticals Hydra 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. Apply SkinCeuticals Advanced RGN-6 and Hydra Balm afterwards
- 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 7-10 days

Please call our office if you have any questions or concerns 404-832-0300