



CO2 Laser Post-Treatment Guidelines

WHAT TO EXPECT

- **REDNESS**– Treated areas will initially appear red for about a week. As the skin begins to heal, it will turn and stay pink for several weeks. It is normal for the skin to feel “sunburned” and tight.
- **SWELLING**- Swelling around the eyes and down into the cheeks and face is common. The swelling will start the day of the laser procedure and will continue 2-3 days post procedure. Most of the swelling should resolve 7-10 days after the procedure.
- **BLEEDING/OOZING**- Mild bleeding and oozing from lasered skin is normal and is to be expected. This will last for about 48 hours and then quickly improve.
- **BLISTERING**- It is common for treated areas to develop blisters. It is important to keep skin clean and moist during this time.
- **PEELING**- Skin will usually start peeling on day 3 or 4. Once skin begins to peel it will generally turn dark. Do not pick at skin; It is important to allow skin to heal on its own.

GENERAL INSTRUCTIONS

- You can shower, but do not let the shampoo or hair products get on your face.
- Sleep with your head elevated 45 degrees. This will help alleviate the swelling.
- Change your pillowcase every night.
 - Alternatively, you may use a clean towel or lined pad over the pillowcase.
- Avoid direct sun exposure for 6 weeks prior to and after procedure. Protect your face from the sun when outdoors. Use an umbrella to provide shade, wear a wide-brimmed hat and sunglasses etc.
- Stay hydrated by drinking water daily; This will help with the recovery process.
- Take Ibuprofen or Tylenol as needed. You will be given an instruction sheet “Pain Relief Medications after Procedures.” Follow the instructions and please call the office with any questions or concerns.
- If you experience itching, you may use an over-the-counter oral antihistamine such as Benadryl. Follow the instructions on the bottle.

If you experience increased pain, drainage, severe redness, fever, increased itching, or cold sores please call our office right away.

SKIN CARE

THERE ARE FOUR ESSENTIAL COMPONENTS OF SKIN CARE AFTER CO2 LASER TREATMENTS

1. The skin must be kept clean.
2. The skin must be kept moist with topical cream or ointment.
3. Sun block and sun protection is essential for treated skin.
4. Continue taking any Antivirals (i.e., Valtrex, Zovirax, Famvir) prescribed to you before treatment.



SKIN CARE ROUTINE

SOAK SOLUTION

- The soak solution keeps skin moist and loosens/removes dead skin cells; This keeps the skin clean during the healing process.

- HOW TO MAKE SOAK SOLUTION
 - Mix 1 teaspoon of plain white vinegar with 2 cups of water.
 - This should be mixed ahead of time and kept in the refrigerator.

- HOW TO USE SOAK SOLUTION
 - Using a clean, soft cloth or gauze apply the soak solution to the treated area with a wiping motion.
 - Reapply the Alastin Recovery Balm, Aquaphor or Vaseline to the treated area
 - If your skin is dry, you may use the soak solution more often than recommended below.

SKIN CARE ROUTINE DAY 1 – DAY 5

While your skin is healing, follow this regimen 3 times daily:

1. Wash hands prior to touching your face.
2. Wash face with cleanser (chosen from the supply list) or soak solution. Gently pat face dry.
3. Apply soak solution if it was not used as cleanser in previous step.
4. Apply Alastin Regenerating Skin Nectar (This is an optional step).
5. Apply a thick layer of Alastin Recovery Balm, Aquaphor or Vaseline.
 - a. Topical ointment of choice should be applied 3 times daily or more if needed. Your skin should be moist at all times and appear shiny from product.

SKIN CARE ROUTINE DAY 6 – DAY 14

While your skin is healing, follow this regimen 3 times daily:

1. Wash hands prior to touching your face.
2. Wash face with cleanser (chosen from the supply list). Gently pat face dry.
3. Apply Alastin Regenerating Skin Nectar (This is an optional step).
4. Apply moisturizer (chosen from supply list).
 - a. Moisturizer should be applied 3 times daily or more if needed to keep your skin flexible and feeling hydrated.
5. Apply broad spectrum (UVA/UVB) sunscreen with SPF 30 or higher. Daily sunscreen is to be applied after peeling has resolved to maintain results and help prevent abnormal hyperpigmentation (darker skin).
6. After the skin is healed and all scabs/crusting has subsided, a high-quality skin care regimen is recommended. If not already scheduled, it is recommended to schedule a skin care consult to learn about the right products for your skin type and your skin care goals.