



Fractional CO2 Laser Post Care Instructions

Be sure you DO NOT leave our office without your POST-PROCEDURE CARE PACKET. Your customized POST-PROCEDURE CARE regimen includes cleansers, moisturizers, sunblock and special topical products that aid in healing – all selected for your individual skin type.

Remember: Your procedure has removed some of your skin's protective layer. The delicate new tissue needs protection and help with healing. For best results, we strongly urge you to carefully follow these post procedure instructions. If there are questions or concerns in the days following the procedure, please call our office at 281-398-5001.

First 24^o After Procedure

- 1) Cleansed cold packs may be applied to treatment area as needed for discomfort.
- 2) The ointment/emollient provided will be applied immediately after procedure. Please leave this intact 4 hours.
- 3) If your skin is crusting or oozing, you may gently wash with cleanser provided every 4 hours as needed. Pat skin dry gently, do not rub and do *not* allow your skin to dry out.
- 4) After cleansing, immediately reapply your emollient ointment to retain moisture and create a barrier for the skin.
- 5) Elevate your head using pillows to reduce swelling, especially if treatment focused around eye area.
- 6) It is best to avoid direct sun as your skin will be **VERY** sun sensitive.
- 7) Please adhere to directions of any medications prescribed or provided, as well as taking Vitamin C 500mg morning and night to aid in healing. Benadryl 25mg every 6 hours is also helpful for swelling and Tylenol every 4-6 hours may be used if there is any discomfort.
- 8) Remember that all linens used on the treated areas (washcloths, pillowcases, facemasks etc) should be freshly clean, avoiding fragrances or softeners that can cause a skin sensitivity.

The 1st Day After Treatment:

- 1) Your skin will be bright red and swelling will have set in overnight. This is to be expected. It will slowly improve throughout the morning, but may last 2-3 days.
- 2) Gently cleanse the skin in the morning with facial cleanser. Remember to pat skin dry, no rubbing and do not let skin dry out.
- 3) Apply ointment or emollient immediately after cleansing.
- 4) If itching occurs during the day, you may cleanse again and reapply ointment or emollient.
- 5) Beginning at 24 hours after your treatment, you may begin vinegar & water soaks using a solution of 1 Tablespoon white vinegar in 1cup water and soak the treated skin using gauze for up to 15 minutes. **RINSE** with cool water, pat dry and reapply ointment or emollient.
- 6) Remember to take any medications as prescribed.
- 7) It is best to go outdoors **as little as possible**. Your skin will still be **VERY** sun sensitive. However, if you go outside, wear SPF 30+ sunblock or the sunscreen provided in your take home kit. Other treated body areas should be covered with clothing.

Day 2 following treatment:

- 1) Today you should begin to notice some signs of improvement in swelling and redness.
- 2) Continue to care for your skin gently: cleanse the skin in the morning with facial cleanser followed by your ointment/emollient. If excessive dryness occurs, add another layer of ointment.
- 3) Cleanse the skin again in the evening, followed by ointment.
- 4) Continue to follow sun exposure precautions.

Day 3 following treatment:

- 1) The swelling should be improving each day and you may begin to notice peeling starting on day 3-4. Vinegar and water soaks may be used to aid in peeling, but **DO NOT PICK YOUR SKIN!!**
- 2) Some pin point bleeding may occur at this point due to the peeling. This is normal. Be gentle with your skin and keep it moist with ointment or emollient.
- 3) Apply ointment (or Aquaphor) liberally for moisture, and to ease the dryness due to the peeling.
- 4) Continue to follow sun exposure precautions.

Day 4-10:

- 1) Please make sure you have scheduled a follow-up appointment with your provider and aesthetician around day 7 to follow up and discuss proper long-term post procedure care.
- 2) Continue using your facial cleanser morning and evening, followed by ointment or moisturizer (as necessary for dryness) until all redness has gone.
- 3) Apply a generous amount of a high quality moisturizer morning and evening. Apply more often if the treated area feels dry. You want to prevent drying to the treatment area. We offer many medical/prescription skin care products that can enhance your result (growth factors, peptides, antioxidants and defensins) and we strongly recommend using these products to give your skin the building blocks it needs to regrow collagen and elastin fibers.
- 4) If desired, gentle mineral makeup (or your own established cosmetics) may resume on day 4-7, as peeling allows (depending on the aggressiveness of your treatment).
- 5) It is best to go outdoors **as little as possible**. Your skin will be **VERY** sensitive. However, if you do go outside you should wear a hat and the SPF 30+ sunblock provided to you. If your face was treated you should also wear a hat. Other treated body areas should be covered with clothing. Sweating increases the incidence of “milia” or white bumps that occur when skin is inflamed and sweat cannot make it to the surface of the skin. If mila occurs, please contact us and let us provide help in dealing with this common but brief side effect.
- 6) To protect the investment you made in your skin, we strongly recommend a *daily habit* of high quality mineral based sunblock, SPF 30+.

Continued Care:

- Your skin will continue to grow new collagen for up to ONE YEAR after treatment and will become more elastic as a result. Patients continue to notice improvement in skin quality months after treatment and report their results last 5-8 years after treatment.
- During the year after treatment, it is the most important time to provide your skin with the necessary building blocks for this transformation: retinols, antioxidants, nutrients, growth factors and moisture along with high quality SPF protection.
- Please remember to take care of your skin from the inside out: eat adequate protein and a healthy diet, ensure that you take a regular vitamin including vitamin C and keep hydrated. Vitamin C 500mg twice daily should continue for months post treatment.
- Please make regular visits with your providers at About Face & Body to discuss the ongoing care for your skin and protection of your investment.