



Post Care for Fractional CO2

The treated area will be red, swollen and tender. The swelling and pain usually last for 1-4 days. The skin may ooze for approximately 2-4 days. Redness may last for a couple of weeks. As the treated area is very delicate, proper wound care is essential for the best possible result.

Please read and follow these directions:

Days 1-4

It is very important to keep the skin always covered with a generous layer of skin protectant ointment or Aquaphor ointment during this phase of healing. Any crusting you develop should **NOT** be picked off. Crusts should be thoroughly soaked and gently rubbed off with a moist gauze pad as detailed below. Applying a cold compress vinegar soaks will help soothe compromised skin:

How to do cold compresses/vinegar soaks:

- you can do them for 15-20 minutes each time

- repeat 3 times daily

- Fill a container with tap water and add one tablespoon of white vinegar for every cup of water, keep in the refrigerator for continual use over the next few days.
- Soak a clean cloth, towel or gauze in the mixture, lightly ring out and apply it over the treated areas. Do not let dry over skin.
- After the compress is over, pat yourself dry with a clean, soft towel and reapply recovery ointment or Aquaphor. There is no need to remove the ointment before your next cold/vinegar soak.

When oozing and scabbing have healed, you can discontinue the vinegar soaks and use a gentle cleanser (this is usually around day 3-4).

Scheduled regimen of care

During showers, let lukewarm water stream over your face. Do not use any soap on your face. The stream of water and steam should help loosen or remove any crusting. Avoid getting shampoo on your face. Pat your face dry and reapply the recovery ointment or Aquaphor.

After the shower, you may do a cold/vinegar soak, if desired. Pat your skin dry after and apply recovery ointment or Aquaphor.

At bedtime, apply the skin protectant ointment or Aquaphor liberally after your last soak. Make sure that the entire treated area is covered with ointment. Place an old towel or t-shirt over your pillow to protect.

Sleep slightly elevated while sleeping to help with swelling.

CO2 Day 5: Moisturizer and Sun Protection

Text us a photo 5-7 days out (**866-540-0998**) to check healing progress.

After cleansing your face in the morning, apply TNS Ceramide Treatment Cream and sunscreen (before starting with TNS cream, do a test spot to check for skin sensitivity). Please call the office if you have any questions about the products you'd like to use on your face.

Ten days after the laser surgery you may start wearing make-up if you are fully healed. Continue to avoid exfoliating cleansers and active ingredients (such as retinol, glycolic and salicylic acids) for up to four weeks post laser.

Important Points

- Should you experience any pain, discomfort, or stinging within the first three days take Tylenol (acetaminophen). Avoid aspirin and ibuprofen. Stronger pain medication can be prescribed. If pain persists or worsens, please let us know.
- If prescribed, take the full course of any antiviral or antibiotic medications. Please call us if you have any side effects.
- Swelling is expected during the first 24 to 48 hours, especially around the eyes. It is very important to keep the head upright or elevated with two to three pillows when resting. Also please avoid bending over or lifting more than 10 pounds for the first two weeks.
- If there are any unusual symptoms or signs suggesting infection (fever, increased swelling, blistering or increased redness in an area) please contact our office.
- Avoid swimming, hot tubs and strenuous exercise until you have physician approval.
- Use only the products we recommend during the healing phase. **Do not use any facial cleansers, toners or soap unless instructed to do so.**
- Avoid direct exposure to the sun following laser resurfacing. As little outdoor activity as possible or use of a wide-brimmed hat if you are outside. Sunscreen once cleared.
- Because ointment may clog your pores, you may notice a temporary outbreak of pimples and/or tiny superficial cysts.
- Itching can occur in first three weeks after treatment. Most people have very good temporary relief with cool compresses (small towel soaked in cold water placed on the skin for 15 minutes as needed). If itching persists, over the counter Benadryl (25mg) taken at bedtime can be helpful.
- A pink or red appearance is normal and reflects the healing process. It may take a few weeks for it to resolve. Consult with our esthetician for product recommendations to help.
- Depending on how you heal, you may be prescribed certain medications to help minimize redness or darkening of the skin.