

Post CO2 Laser Treatment Instructions

In order to achieve the best results possible, please follow these post-treatment instructions carefully.

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and redness may accompany this, but it usually resolves in 2-3 days.
- Apply wrapped ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. Never apply ice directly to the skin.
- An over-the-counter anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to avoid the following:
 - Swimming, especially in pools with chemicals, such as chlorine.
 - Hot tubs, Jacuzzis, and saunas.
 - Activities that cause excessive perspiration or any activity that may raise core body temperature.
 - Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Do not pick or pull at darkened lesions as scarring may occur.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- The area may initially look raised and/or darker with a reddened perimeter.



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After Treatment Care TimeLine

DAY OF TREATMENT:

- Keep treated areas covered with topical ointment/cream as instructed by physician.
- Apply cooling compresses (e.g., bag of frozen peas or wet paper towels frozen in Ziploc bag) Note: do not apply ice directly to skin and do not use towels as detergents may irritate skin.
- If desired, you may spray water mist on skin using distilled or spring water.
- May take an analgesic (e.g., Acetaminophen or Ibuprofen) for discomfort.

FIRST NIGHT:

- Sleep with head slightly elevated.
- Place paper towel over pillow to protect from ointment/cream.
- If experiencing irritation to the eye, may use an eye lubricant (e.g., Systane™).

DAY 1 (FIRST DAY AFTER TREATMENT):

- Avoid direct sunlight and excessive heat.
- Begin washing face 2-3 times a day with room temperature water and Cetaphil.
- May take shower and wash hair. Avoid hot water.
- Re-apply Aquaphor to treated area. Ensure skin remains constantly moist.

DAY 2:

- Swelling should subside and skin may bronze and feel gritty.
- Itching (particularly along the jaw line) tends to begin on this day.
- Continue applying ointment/cream (and cool compresses, if needed).
- Continue washing face with Cetaphil and room temperature water.
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied. AVOID picking and/or scratching.

DAY 4-7:

- Itching has usually subsided.
- You may start more aggressive washing with fingertips to promote further exfoliation (do not pick).
- Use non-irritating sun block SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside.
- You may apply mineral makeup (powder).

DAY 7-28:

- Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks).
- You may start regular skin care program as long as treated area is healed (no exfoliation).



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- Continue applying non-irritating sunblock (SPF 30+) and use mineral makeup (powder) to protect treated areas.
- Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas).
- You may return to exercise programs.



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