



CO2 Aftercare

Expect 2-7 days of downtime for the face, 3-4 weeks for the body.

WHAT YOU WILL NEED

- Gentle face wash, such as Cetaphil or Skinceuticals Gentle Cleanser (available for purchase)
- Aquaphor or other occlusive ointment, such as Hydrablam or Soothing Balm (available for purchase)
- White vinegar (optional)
- Tylenol, Benadryl, ice packs (optional)

WHAT TO AVOID

- Do not take any anti-inflammatory medications such as Ibuprofen, Motrin, or Advil while your skin is healing. These agents will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid self tanning or spray tans at least 2 weeks before and 4 weeks after your procedure.
- For at least 10 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C, or anything perceived as “active” skincare.
- Avoid direct sunlight for the first 4 days of healing. Avoid SPF for the first 4 days as well. Absolutely NO tanning beds!
- No exercising or strenuous activity for at least 4 days post-treatment.
- No swimming, saunas, or hot tubs. You can shower but hot water/steam should be avoided.
- Avoid dirty, dusty environments, perfumes and hairspray on treated areas.
- Do NOT undergo waxing, micro-dermabrasion, exfoliators, or light peels over the area for 3 months from the day of treatment.

Day of procedure:

Post treatment discomfort is typically minimal, but if the area is uncomfortable, over-the-counter pain relievers such as acetaminophen (Tylenol, regular or extra strength) and Benadryl for swelling and itching may be used. Usually, it feels like a sunburn at first, and then becomes tight and dry.

Sleep with your head elevated on pillows above the level of your heart.

Days 1-3:

Always wash your hands before touching the treated area. Cleanse with gentle cleanser and lukewarm water 3 times a day beginning morning after treatment.

OPTIONAL: White vinegar soaks are very cleansing and soothing. Mix 1 teaspoon of white vinegar with 1 cup of water. Soak a gauze in the vinegar solution for 5-15 minutes then apply the gauze to the face. These soaks help with the pain, dissolve some of the residue and are anti-microbial which decreases infections. Soaks can be done every few hours.

Moisturize after cleansing. Generously apply your healing ointment to cover all treated areas.

Do not be alarmed if you experience “pin-point” bleeding, this is normal. Gently blot your face, but DO NOT RUB your skin under any circumstances.

Reapply the ointment as needed. Do not allow the treated area to dry out.

Avoid picking or aggressively scrubbing the skin-allow it to gently exfoliate with the cleansing process.

Avoid sleeping flat to minimize swelling.

Days 4-7:

Each client falls into a spectrum of swelling and redness over the next 5-7 days. You may experience a mild sunburn like effect, while others may have significant swelling, redness, and itching depending on your skin type. Grid marks on the treated area are a result of the laser fractionation and also resolve over 5-7 days.

Continue to cleanse the treated area with a gentle cleanser for 7 days. Do not scratch, pick, or rub the skin vigorously.

On day 4, you may stop using the healing ointment and allow your skin to breathe.

You may change to a gentle, fragrance free lotion or cream once the skin is no longer sensitive, oozing, or raw. We recommend Skinceuticals Epidermal Repair, available for purchase.

Do NOT apply makeup to the treated area until your skin has been healing for 4-5 days. Do NOT put any other creams, lotions, or serums on the skin except for a gentle moisturizer.

Pinkness is the most common complaint of post laser patients. Pinkess is a normal healing process and is a sign of newly formed skin. Pinkness is extremely variable and can last several weeks in some patients and several months for other patients. A general rule is that the longer the pinkness, the better the result as more collagen is being formed. When pinkness is extreme or longer lasting than expected it can be a sign of over aggressive scrubbing or rubbing, or a sign of some irritating substance being applied. This is new, sensitive skin so you need to be very careful about what you apply to your face!

Days 7+: After the first week you can resume most activities other than SUN EXPOSURE. Avoid sun exposure or tanning for at least 4 weeks after treatment.Wear a protective hat when outdoors. Sunblock should be worn on a daily basis to help prevent any discoloration issues that could occur from both indirect and direct sunlight.

Products to Boost your Results

Ask your provider about these products to enhance today’s treatment results!

| Product | Benefit |
|---------------------------|--|
| Skinceuticals C E Ferulic | Reduces post laser redness, swelling, and downtime. Increases skin’s firmness and reduces appearance of fine lines and wrinkles. |