



## Post Procedure Skin Care for Fractional CO2 Laser

Please remember that this treatment is intended to produce very nice results without weeks of healing. Two treatments may be needed for patients who desire maximum results, especially for deep wrinkles around the eyes, mouth and cheeks. You will appreciate the clearer look of your skin as the pigment diminishes in a few days, but remember, wrinkle remodeling requires actual activation of collagen formation in the skin. You may see your wrinkles seem to reappear in a few weeks, but in a few months, you will be delighted with the smoothing out of these same wrinkles as the collagen fills them in. Acne scars require a minimum of two treatments for best scar reduction. **DO NOT EXPOSE TREATED SKIN TO THE SUN! BRONZING OR DARKENING MAY OCCUR. USE SUNBLOCK AND HATS FOR AT LEAST 6 WEEKS.**

### INSTRUCTIONS.

**Do not use contact lenses until eye swelling is TOTALLY resolved.** Immediately after treatment: Cold compresses to be used on the skin for comfort. After a few hours, the sunburned feeling will decrease. A warm sensation may remain. Continue cool compresses until comfortable, then apply healing ointment recommended. Sleep elevated. Please keep cell phone, pets and hair products away from face.

### NEXT DAY (Day 1).

Cleanse with water and recommended cleanser. Start white vinegar soaks. (1 TBSP. white vinegar in 1 Qt.. warm water, soak for 10 minutes 2-3 times per day). Keep skin moist with ointment.

### DAY 2 Post Treatment.

Cleanse with mild cleanser, gently wipe off LOOSE crusty debris. **DO NOT PICK AT SKIN. This is how scarring may occur.** Keep moist with ointment. Continue vinegar soaks until crusting is gone.

### DAY 3.

Continue to cleanse and gently wipe off debris. Do not pick off skin. Keep moist with ointment. Hydrocortisone cream 1% purchased over the counter may be used for itching. Discontinue after one week.

### DAY 4.

**Do not pick off skin or attempt home peels.** Continue ointment to areas where crust remains.

### DAY 5.

Continue light moisturizing as skin flakes off. Makeup may be used when crust is gone. Mineral makeup is suggested.

**PLEASE DO NOT USE ANY HARSH SKIN CARE PRODUCTS OR GLYCOLIC, RETINOL, OR EXFOLIATING PRODUCTS ON YOUR NEW SKIN FOR AT LEAST ONE MONTH. PROBLEMS CAN OCCUR IF PRODUCTS ARE INTRODUCED TOO SOON.** You will be instructed on use of daily sunblock at your post procedure office visit.

### DAY 6.

Continue mild cleansing and moisturizer. **Please call with any questions.**