
CO2 POST CARE INSTRUCTIONS

TREATMENT DAY

- Post treatment discomfort is typically minimal, but if the area is uncomfortable, over-the counter pain relievers such as acetaminophen (regular or extra strength Tylenol) and Benadryl (for swelling and itching) may be used. Usually, it feels like a sunburn at first, and then becomes tight and dry. You should avoid ibuprofen (Motrin, Advil), naproxen (Aleve), and aspirin for 24 hours after the procedure.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. Swelling is typically worst when you first wake up in the morning especially around the eyes and mouth. Sleep with your head elevated on pillows above the level of your heart.

POST TREATMENT DAYS 1-3

- Gently cleanse the skin with plain, lukewarm water and a gentle cleanser beginning the morning after the treatment.
- After cleansing your face, generously apply Aquaphor/Vaseline taking care to cover all treated areas.
- Gently blot your face, **BUT DO NOT RUB YOUR SKIN UNDER ANY CIRCUMSTANCES**. Reapply the Aquaphor/Vaseline, as needed. Do not allow the treated area to dry out.
- Avoid No exercise, gym, or other strenuous activity for at least 4 days.
- Avoid hot environments, saunas and swimming pools. You can shower but hot water/steam should be avoided. When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area. Avoid “picking at” and aggressively scrubbing the skin – allow it to gently exfoliate with the washing process.
- Do NOT apply sunblock during the first 4 days of healing.
- Avoid dirty, dusty environments, perfumes and hairsprays on treated areas.

POST TREATMENT 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 face are a result of the laser fractionation and also resolve over 5-7 days. Continue to cleanse the treated area with Gentle Face Wash for 7 days.
- **DO NOT SCRATCH, PICK OR RUB THE SKIN VIGOROUSLY.**
- On day 4, you may stop using the Aquaphor/Vaseline and allow your skin to breath. You may change to a bland, fragrance free moisturizer lotion or cream once the skin is no longer sensitive, oozing, or raw.
- Stay out of the sun. Do not use sunscreen or other moisturizers.

AFTER WEEK 1

- Avoid **SUN EXPOSURE** or **TANNING** for at least 4 weeks after treatment.
- **DO NOT** undergo waxing, micro-dermabrasion, exfoliations or light peels over the area for 3 months from the day of treatment. In addition, a sunblock should be worn on a daily basis to help prevent any discoloration issues that could occur from both in-direct and direct sunlight.