



CO2 PRE AND POST-TREATMENT INSTRUCTIONS

We are so excited to see you! Please follow these guidelines:

**IF YOU ARE FEELING ILL, RUNNING A FEVER OR ARE EXPERIENCING AN UPPER RESPIRATORY ILLNESS,
PLEASE RESCHEDULE YOUR APPOINTMENT**

- MASKS ARE OPTIONAL.
- DO NOT WEAR ANY MAKE UP TO YOUR FACIAL LASER OR INJECTABLE APPOINTMENT.

PLEASE NO EYELASH EXTENSIONS 2 WEEKS PRIOR TO PROCEDURE.

EYE LAST EXTENSIONS WILL BE DAMAGED DURING LASER PROCEDURE.

EXPECTATIONS:

- Red, swollen skin for 7-10 days depending on your level of treatment.
- Patchy "checker-board" appearance to your skin 7-10 days.
- VERY, Dry flaky skin approximately day 3 usually resolves within the first 10 days. We recommend a gentle hydrating facial with one of our medical aestheticians approximately day 3-4 post treatment to relieve discomfort and allow us to check on your healing. This facial is included in the cost of the CO2. A second hydrating facial is offered for a discounted cost of \$50 between days 7-10 and will remove any remaining dry skin and replenish needed moisture to your treated area.

TIMELINE	WHAT YOU NEED TO DO	COMMENTS
<u>3 Days Prior to treatment</u>	<ul style="list-style-type: none">• <u>Make sure</u> you have provided us with a pharmacy and you have in your possession the following prescriptions:<ul style="list-style-type: none">• Acyclovir (antiviral) start 2 days prior to treatment (only patients who have a history of cold sores.)• Medrol dose pack (swelling) Start day of treatment.	<ul style="list-style-type: none">• Acyclovir is for patients who are prone to cold sores or have had one in their lifetime.• Medrol helps reduce swelling.• Depending on the area being treated, medications may not apply to you.
<u>Day of Treatment</u> <u>At home prior to appointment</u>	<ul style="list-style-type: none">• Eat something substantial prior to arrival as medications may be given at your appointment which may cause nausea on an empty stomach.• Start your Medrol dose pack in the AM, take as directed.• Have your face (or area being treated) clean with NO MAKEUP, tinted creams or lotion on skin.	<ul style="list-style-type: none">• Please remove all makeup including mascara and tinted moisturizer.• Wear comfortable clothing (a tank top worn during the procedure is best).• DO NOT WEAR CONTACTS. Bring glasses if necessary.

<u>Day of Treatment After procedure is completed</u>	<ul style="list-style-type: none"> ● Cool, cool, cool. Expect your skin to take 24-36 hours to cool. Use cool wash cloths every hour for 10-20 minutes (if necessary) until bedtime or until skin feels cool. Keep area elevated to reduce swelling. ● Apply Oxygenating Hydro-Matrix serum to the treated area multiple times a day to maintain skin hydration. ● Continue taking all medications as directed. ● You may also take acetaminophen (Tylenol) or ibuprofen (Advil) as directed for discomfort. ● Keep area elevated to reduce swelling. 	<ul style="list-style-type: none"> ● White vinegar soaks help reduce heat in the skin. We suggest 1 Tbsp. white vinegar to 8 oz water. Dip washcloth in solution and apply to skin 3 times daily for approximately 20-30 minutes each session on days 1 & 2 ● The above mixture may be kept in the refrigerator to add coolness ● NO ICE! ● Vitarich Serum will be provided to you and can be applied after the heat is gone. You may apply this as often as needed.
<u>Day 2 Post Treatment</u>	<ul style="list-style-type: none"> ● Cleanse your skin with your Skin Medica Cleanser morning and night. ● Continue to use cool, vinegar-soaked wash cloths every 2-4 hours for 20 minutes. After every cooling session, apply Oxygenating Hydro-Matrix. ● Continue taking all medications. 	<ul style="list-style-type: none"> ● Dryness is significant on days 2-5. If you are experiencing dryness, feeling tightness or increasing discomfort, keep a cool, wet wash cloth on your skin for 20-30 min to help put moisture into the skin and diminish discomfort. ● Solution may be placed in the refrigerator. ● NO ICE
<u>Days 3-6 Post Treatment</u>	<ul style="list-style-type: none"> ● Cleanse your skin with Skin Medica Cleanser morning and night. ● Continue applying Oxygenating Hydro-Matrix multiple times a day for hydration. ● Also apply Vitarich serum 3-4 times a day. ● You may resume normal activity to your comfort level. However, no swimming, hot tubs, steam rooms or saunas while redness is present. ● Continue taking all medications. 	<ul style="list-style-type: none"> ● Scheduling a hydrating facial day 3 or 4 post treatment is helpful in increasing your comfort level. ● Your esthetician may alter your skin care regime based on your healing progress.
<u>Days 7-10 Post Treatment</u>	<ul style="list-style-type: none"> ● Cleanse with your Skin Medica Cleanser morning and night. ● After four weeks, normal skin care regimen and shaving may resume at your comfort level. ● You may resume all normal activity to your comfort level. 	<ul style="list-style-type: none"> ● A second post treatment facial is recommended between 7-10 days post treatment. This helps remove any remaining dryness and allows your products to penetrate the skin layers.
<p align="center"> To continue to improve the appearance and health of your skin after your treatment, we recommend SkinMedica Products starting 2 weeks post-treatment. DRINK PLENTY OF WATER!! WE RECOMMEND YOU DRINK AT LEAST HALF YOUR BODY WEIGHT IN OUNCES TO HYDRATE YOUR SKIN FROM THE INSIDE OUT. </p>		