



Pre and Post-Care Instructions CO2 Face Treatment

<PersonallInfo.FullName>

<PersonallInfo.DOB>

This treatment is a powerful cosmetic laser procedure. Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a recover period of approximately 7-14 days depending on treatment level and skin response.

**If you have any questions or concerns regarding your treatment or the, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.**

❧ Preparing For Your Treatment ❧

Avoid heavy sun exposure and self-tanning products. Tanned skin cannot be treated.

Stop all exfoliating skin care products 1 week prior to your treatment. This includes retinols and exfoliating cleansers/pads.

Remove false eyelashes. False lashes will be damaged during your procedure.

Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:

Acyclovir (antiviral) – **begin 2 days prior to treatment.**

Medrol Dose Pack (prednisone) – **begin day of treatment.**

Item Checklist

Aquaphor®
Gentle Facial Cleanser
Sanitas VitaRich
Sunblock (SPF 50+)
Washcloths
White Vinegar
Wide Brimmed Hat

❧ Day of Procedure ❧

PRIOR TO ARRIVAL

- **Take Medrol (prednisone)** as prescribed the morning of the procedure.
- **Eat a meal prior to arrival.** Medications may be provided that can cause nausea on an empty stomach.
- **Remove all makeup and lotions from face.** Face must be completely clean prior to face prep and numbing application.
- **Remove any contact lenses.** If necessary, bring glasses.

AFTER TREATMENT IS COMPLETED

- **Do not cleanse the treated area.**
- **Cool skin with wet washcloth every 20 minutes per hour until bedtime, per comfort.** Soak clean washcloth in a mixture of 8oz. water and one (1) tablespoon of white vinegar and store mixture with washcloth in the refrigerator – **do not freeze washcloth.**
- **Apply Aquaphor® or other approved products to the treated to keep the skin hydrated.** Product can be applied throughout the day.
- **You may take an over-the-counter pain reducer such as Acetaminophen or Ibuprofen as directed for discomfort.**
- **Keep treatment area elevated.** Staying elevated will aid in reducing swelling.

- Post Treatment Skin Condition Expectations –

- ◆ Post treatment skin will appear red and swollen for up to 14 days.
- ◆ Patchy or grid-like marks will appear on the skin for up to 14 days.
- ◆ Skin will feel extremely dry and flaky for up to 14 days while healing occurs.

- POST TREATMENT HEALING INSTRUCTIONS

- ◆ **Stay out of direct sunlight.** Absolutely no tanning or prolonged direct sun exposure for 30 days. Always wear a hat and sunblock.
- ◆ **Do not scratch, pick, or rub the skin.** It is normal for skin to feel dry and itchy during the healing process.
- ◆ **Do not use any abrasive or exfoliating skincare products until approved to do so.** This includes retinols and exfoliating cleansers/pads.

DAY 2 (POST TREATMENT)

- **Continue to cool skin with wet washcloths, as needed for comfort.** Soak clean washcloth in a mixture of 8oz. water and one (1) tablespoon of white vinegar and store mixture with washcloth in the refrigerator – **do not freeze washcloth.**
- **You may begin cleansing the area with a gentle (non-exfoliating) cleanser.** Do not scrub the area or use a washcloth.
- **Continue taking all medications as directed.**
- **Continue to use Aquaphor® or approved products as directed to keep skin as hydrated as possible.** It is normal for skin to feel extremely dry; hydration is very important for the healing process.

DAYS 3-6 (POST TREATMENT)

- **Visit the clinic for your post-treatment 30-minute facial.** Your facial will be scheduled at your laser treatment appointment and is included in the cost of your laser. Your medical esthetician may alter your skin care regimen based on your healing progress.
- **Continue cleansing skin with an approved, gentle cleanser day and night.** Do not scrub the area or use a washcloth.
- **Continue taking all medications as directed.**
- **Continue to use Aquaphor® or approved products as directed to keep skin as hydrated as possible.** It is normal for skin to feel extremely dry; hydration is very important for the healing process.

DAYS 7+ (POST TREATMENT)

- **A Second post treatment 30-minute facial is recommended on days 7-10 to remove any remaining dryness to allow your skincare products to better penetrate the skin layers.** This facial is not included in the price of the laser, but you will receive a discount on a second post treatment facial.
- **After 4 weeks, you may resume your normal skin care regimen.** You may reintroduce exfoliating products, retinol, and shaving.
- **Your normal skin care regimen may resume once your provider has determined your skin has healed to an appropriate condition.** Do not resume any exfoliants, retinols, or shaving until approved to do so.

**SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS,
EVEN WHEN NOT IN DIRECT SUNLIGHT.**