

## CO2 Laser Pre- & Post-Treatment Instructions

### CO2 Laser Pre-Treatment Form

It is important to follow all instructions per your physician's directives.

- Depending on your skin type you may be asked to use special medications to prepare your skin for treatment.
- For best results and decrease risk of PIH, a series of chemical peels and a medical grade skin care regimen is recommended. Schedule consult with one of our experts for pre-treatment plan
- If you have a history of herpes in the treatment area, you may be given an antiviral.
- You will need to get the following supplies for post-treatment to accelerate the healing process:
  - Moisturizing occlusive ointment per physician's directive
  - Gentle, hypoallergenic skin cleanser per physician's directive
  - Cool gel packs
  - A broad-spectrum (UVA/UVB) sun block; SPF 45 or greater for pre- and post-treatment.
- Client prescriptions as per physician directive
- 4-6 weeks before your treatment, avoid sun exposure, as well as tanning beds and tanning creams.
- Use a broad-spectrum (UVA/UVB) sun block, SPF 45 or greater, when treatment area is exposed to the sun.
- If you are tanned, you may not be treated.
- On the day of treatment, it is important that you cleanse the area to be treated.
- If you are a man, you should be clean shaven before the procedure.
- On treatment day, you should wear comfortable clothes and a button-down shirt.
- Do not wear any jewelry on treatment day.
- If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead..

### CO2 Laser Post-Treatment Form

It is important to follow your physician's instructions after treatment. You will have little to no discomfort when these instructions are followed:

#### **During the first 24 hours post-treatment:**

- Your skin may look discolored and appear pink and shiny
- Expect to experience skin weeping for 1-2 days
- Your skin may feel slightly rough 3-5 days after treatment
- Use cool gel packs every two hours for 20 mins at a time for swelling and discomfort
- Gently wipe your face 3-4 times a day removing any debris and accumulated ointment
- Reapply occlusive ointment every 2 hours, be sure to use enough so that treatment area is covered
- Keep your head elevated using two or more pillows when laying down
- If prone to acne breakouts avoid heavy makeup or moisturizers for 72 hours post treatment or as directed by the treating clinician

#### **After the first 24 hours, follow these instructions as directed by your clinician**

- You can continue to use cool gel packs or cool moist compresses (20 minutes on, then 20 minutes off) as needed for swelling or discomfort
- Continue taking all medications as directed by your physician
- If you continue to feel pain 1-2 days after procedure, call The Med Spa, email and message
- Your skin may feel sensitive and may have a red and swollen appearance depending on the treatment
- Continue to keep treated areas covered with a moisturizing ointment every 3-4 hours. This will aid the healing process and minimize discomfort such as itching.
- Periodically lightly spray the treated area with cold water
- Continue to keep your head elevated by using two or more pillows when lying down
- Begin gently cleansing the skin twice a day with a mild, hypoallergenic cleanser

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- **Do not scrub** treated area. Pat dry after cleansing
- Reapply occlusive ointment after each wash
- If any irritation or burning occurs when cleansing, wait and try again the following day
- After treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use a broad-spectrum (UVA/UVB) sun block, SPF 45 or greater, when treatment area is exposed to the sun. If possible, wear a brimmed hat and sunglasses to reduce sun exposure
- Keep all follow up appointment with your physician to assess treatment progress
- Call, email or message The Med Spa for any concerns immediately, Dr Adams or a member of the staff will address your problem.