

CO₂ FRACTIONAL LASER RESURFACING POST OP

What should I expect after a CO₂ laser treatment?

- Oozing may occur for the first days after the procedure. Crusting or scabbing of the skin may occur shortly after any oozing. Do not pick at any scabs.
- Dry skin is usually reported 3-4 days post procedure and resolves with peeling. Peeling is normal and can occur 4-7 days after your procedure. Secondary round of peeling has been observed 1-2 weeks later. Do not pick at the peeling skin.
- Redness and swelling are also common. Swelling usually resolves within a week. Redness usually becomes faint by 1 month.
- Itching may occur as the skin resurfaces, which occurs around 3-5 days post procedure. Itching may last up to a week.

POST TREATMENT CARE:

- Follow the recommended protocol in the section below. For vinegar soak protocol see below.
- Avoid shaving until skin is no longer raw, dry, or scaly.

VINEGAR SOAKS PROTOCOL (DAY 0 - 7)

- Wash hands thoroughly with soap, rinse and dry before the vinegar soaks.
- To make vinegar soaks add 2 tablespoons of white distilled vinegar to 16 oz. of cold distilled water.
- Place 5-10 gauzes inside a clean bowl and carefully add in vinegar water until all gauzes are saturated.
- Designate the non-dominant hand as the "clean" hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
- Use the gauze to gently pat off oozing/bleeding/occlusive ointment on the treated area(s).
- Use gentle pressure.
- Once the face is clean, use fresh vinegar-soaked gauze and place them in contact with the treated areas of skin for at least 5 minutes. Soak longer for areas with crusting.
- Gently rinse face with cool water and pat dry.
- Always apply occlusive ointment (Alastin Soothe and Recovery Balm) over the entire treated area after the vinegar soaks.

POST OP DAY 0 AND DAY 1:

- Avoid shower or bathe, if needed avoid wetting face.
- Keep the treated area covered with Alastin Soothe and Recovery Balm.
- If any oozing, dab gently with clean 4x4 gauze if needed.
- Reapply Alastin Soothe and Recovery Balm as needed.
- Ice packs may be applied ON-TOP of moistened gauze (use distilled water).
- After icing, reapply Alastin Soothe and Recovery Balm as needed.
- **PLEASE NOTE: DO NOT APPLY ICE PACKS DIRECTLY TO SKIN.**
- If desired, you may spray water mist on skin using distilled or spring water.
- You may take Acetaminophen for discomfort.
- Sleep on 2 pillows or in a recliner at night, lying on your back if possible, to reduce swelling and promote healing. You may want to cover your pillow with a towel to prevent staining from ointment.
- Begin vinegar soaks **every 2 hours while awake** with a prepared solution by doing the protocol on the last page.

POST OP DAY 2 AND DAY 3:

- It is okay to shower once you are 48 hours out from your procedure but use lukewarm water to avoid generating steam and avoid direct pressure to the treated areas.
- You may wash your face as below but use fingertips only, be gentle, and pat dry.

- **DO NOT PICK ANY CRUSTING AS THIS CAN LEAD TO SCARRING.**
- Decrease the frequency of vinegar soaks to every 4 hours.
- Continue to apply Alastin Soothe and Recovery Balm after each vinegar soak.
- Generally, ensure the treated areas are covered with Alastin Soothe and Recovery Balm.
- You may take Acetaminophen for discomfort.
- Sleep on 2 pillows or in a recliner at night, lying on your back if possible, to reduce swelling and promote healing. You may want to cover your pillow with a towel to prevent staining from ointment.
- Follow recommended skincare routine below:

RECOMMENDED SKINCARE ROUTINE (Same for DAY 2-7)

AM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Soothe + Protect Recovery Balm

PM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Soothe + Protect Recovery Balm.

POST OP DAY 4-7:

- Decrease frequency of vinegar soaks to 3 times per day instead of every four hours
- Proceed with all other post op care found in Day 2 and Day 3.
- Continue with recommended skincare routine

POST OP DAY 8-11

- If you have any remaining dry, rough patches, you can spot treat with the occlusive ointment (Alastin Soothe and Recovery Balm), as needed
- Stop vinegar soaks
- Recommended skincare routine:

RECOMMENDED SKINCARE ROUTINE (DAY 8-11)

AM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Ultra Light Moisturizer with TriHex Technology®.
- Apply SilkSHIELD All-Mineral SPF 30 with TriHex Technology®.

PM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Ultra Light Moisturizer with TriHex Technology®.

As Needed

- Mineral makeup can be used on top of sunscreen as needed.
- Mineral makeup ensures you maintain clear pores, and allows your skin to breathe and heal properly over time.

POST OP DAYS 12 AND BEYOND

- Return to the recommended skincare routine.
- Minimize sun exposure.
- Continue sun protection such as a hat, sunglasses, and the recommended sunscreen.
- You may resume exercise. Your skin will appear red/flushed with exercise.

RECOMMENDED SKINCARE ROUTINE (DAY 12 AND BEYOND)

AM

- Cleanse with recommended cleanser.
- Use recommended skincare products.
- Use recommended moisturizer.

- Apply recommended mineral sunscreen (should be at least SPF 30)

PM

- Cleanse with recommended cleanser.
- Use recommended skincare products.
- Use recommended moisturizer

As Needed

- Mineral makeup can be used on top of sunscreen as needed.
- Mineral makeup ensures you maintain clear pores, and allows your skin to breathe and heal properly over time.