



# CO<sub>2</sub> Laser Treatment Instructions

## **Pre-Treatment**

- ❖ Avoid sun exposure and use a broad-spectrum sunscreen to protect the skin.
- ❖ Discontinue use of Retin-A, retinols, vitamin C creams, and other topical medications for 3-5 days before treatment.
- ❖ Do not wax or use depilatory hair removal products in the treatment area for 1 week prior.
- ❖ Inform your provider if you have a history of cold sores to receive advice on antiviral therapy.
- ❖ Avoid smoking for 48 hours prior to the treatment.

## **Post-Treatment**

- ❖ It is normal for the treated area to feel like a sunburn for a few hours. Use a cold compress or cold-water spray as needed.
- ❖ Avoid bathing with very hot water, strenuous exercise, and massage for 2-3 days post laser skin care treatment.
- ❖ Wait at least 12 hours (next morning) to wash your face. Cleanse your face with a mild cleanser such as Cetaphil. Use the cleanser for the duration of the healing process. DO NOT use any scrubs or irritants such as Retin-A, Benzoyl Peroxide or any astringents. Skin always should be patted dry and NOT rubbed.
- ❖ Apply "Epione's - Super Healing Ointment" or Aquaphor on the treated area (avoid getting inside the eyes) a few times a day to keep the skin well moisturized.
- ❖ Avoid use of any other moisturizing products (lotions, serums, liquid sunscreens, etc.) for at least 5 days. Using these products will prevent your skin from peeling and may hinder the full benefits of the laser skin rejuvenation procedure.
- ❖ Makeup should not be used for at least 5 days post treatment. Most makeup is moisturizing, which can sometimes prevent the peeling process. If makeup is absolutely needed, we recommend using new makeup to reduce the possibility of infection.
- ❖ Avoid direct sun exposure and tanning beds for at least 1-2 months post treatment to reduce the chance of dark or light spots. A powdered mineral makeup can be

worn during the healing process as a sunscreen, but make sure the makeup is new and the brush is clean. Liquid sunscreens are not enough or recommended. Sun exposure delays the process of healing. Sun exposure can cause damage to the healing skin and cause undue pigmentation and textural changes that may be lasting.

- ❖ **DO NOT** smoke for at least 7 days after the treatment, otherwise healing time may be prolonged.
- ❖ If prescribed, take medications such as Valtrex, Vicodin, and Valium as directed by your physician.
- ❖ Avoid tweezing, waxing, bleaching or chemical peels during the healing process.