
CO2 Post-Treatment Instructions

- Following the procedure, sunscreen and numbing cream will be applied to treated area. You may wash the treated area GENTLY using vanicream cleanser that evening. Do not scrub.
- To promote healing, vinegar water soaks should be done **twice** daily as directed:
 - Combine **1** part white vinegar to **4** parts water. Store this in the refrigerator to keep cold.
 - Soak a clean cotton wash cloth in the vinegar solution and place on the treated area for 5-10 minutes. *Replace wash cloth after each use.*
 - You will continue this for 4 days.
- Apply a generous layer of Avène Cicalfate to the treated area. If skin feels dry or tight, apply an additional layer of Vaseline or Vanicream cream. Cicalfate should be reapplied every 2 hours.
- You may shower normally, but use cool water. Hot water can irritate the skin and result in a burning sensation.
- To minimize swelling, sleep with 1-2 extra pillows and keep head elevated as much as possible.
- Apply an additional layer of vaseline or vanicream (over the cicalfate) at bedtime.
- AVOID UV LIGHT EXPOSURE while healing from the procedure. ALWAYS apply sunscreen (Vanicream SPF 50) if going outdoors. *This includes driving in the car and sunlight from windows.*

Overall Guidelines and Helpful Tips

- Ice packs can be used to reduce burning and decrease swelling.
- Use an old pillowcase or place a towel over pillow to prevent staining sheets.
- Limit activity and avoid strenuous exercise for **1 week** to allow healing.
- While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. **Do NOT drive while taking prescription pain medication.**

Frequently Asked Questions

What will I look like after the procedure?

You can expect pinpoint bleeding/crusting and swelling for 2-7 days following the procedure (pending depth of procedure). This is NORMAL and expected. AVOID scrubbing or picking, as this can result in bleeding and possible scarring.

What is in my aftercare kit?

- **Avène Cicalfate Restorative Skin Cream:** helps restore and promote skin recovery. Cicalfate should be reapplied to treated area every 2 hours.
- **Avène Thermal Spring Water:** soothes, softens and calms skin. Use as needed.
- **Arnica:** helps reduce swelling. Place 2 dissolvable tablets under your tongue 3 times daily.

- **Seysara:** antibiotic to help reduce inflammation and prevent infection. Take one tablet by mouth once daily for 7 days.
- **Hydroxyzine (Prescription):** treats itching and swelling. Take 1-2 tablets by mouth every 4-6 hours as needed for itching. This medication may cause drowsiness. Do not take before driving.
- **Valtrex (Prescription):** prevents cold sores. Take 2 tablets the morning of procedure and repeat in 12 hours.

When can I wear make-up again? When can I exercise again?

Make-up can be worn after day 7. Vigorous exercise should be avoided for 7 days as well.