

# CO<sub>2</sub> Laser *home care*



**Drink water  
+ moisturize constantly**



**Take medicine as directed**



**Stay away from sunlight**



Never touch your face except  
with freshly washed hands



Never scratch



Never allow face to be  
tight and dry

## YOUR FIRST HOURS AT HOME

- Leave on the cream applied after the procedure until right before bedtime.  
*Feel tightness or dryness? This is normal and means you need to touch up with moisturizing product...*
- Use **Cicalfate** to reapply moisturize to skin.  
*REMEMBER: Don't wash your skin yet, just put the moisturizing products right on top.*

## BEDTIME: NIGHT OF TREATMENT

- Build your bed...
  - Stack up pillows so that your head remains elevated
  - Place clean old pillowcase or towel on top of pillows
  - Place everything you need on your nightstand
- Wash face for first time using...
  - **Vanicream Gentle Cleanser**
  - Fingertips
  - Lukewarm Water
- Pat dry, apply 4 pumps of **Hyacyn Active Purifying Mist**
- Once completely dry, apply **Petroleum Jelly** to eyelids (never on facial skin)

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## DAILY ROUTINE



### STEP 1

Wake up, gently cleanse skin...

- **Vanicream Gentle Cleanser**
- Fingertips
- Lukewarm Water



### STEP 2

Pat dry, apply 4 pumps of **Hyacyn Active Purifying Mist**

### STEP 3

Once completely dry, apply **Restorative HA Serum**



### STEP 4

Pat dry, apply **Petroleum Jelly** to eyelids, under the chin, neck & chest



### STEP 5\*

Apply thick layer of **Cicalfate** to your facial skin.

### STEP 6\*

If going outside, apply **eltaMD Elements**

### STEP 7

Take medications as directed

## \* DAYS 3-10 ALTERNATIVE OPTION FOR STEP 4-6

*If you have had your neck and/or chest treated, you may now switch to **Petroleum Jelly and eltaMD Elements** for those areas (in that order).*

- *This allows you to save your Cicalfate product for your face.*
- *Do NOT apply Petroleum Jelly to face.*

## NOTES:

**Repeat Steps 1-5** 3 times daily, aka Breakfast, Lunch, Dinner  
**Reapply Cicalfate** every 2 hours while awake

Optional: Use a bedside **humidifier** to keep moisture in the air while you sleep

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## WHAT TO EXPECT

### NIGHT AFTER TREATMENT/DAY 1

- Minute-grid is most prominent
- Post-procedure swelling, increases through night (at worst, eyes closed to slits)
- Facial warmth & pain increasing throughout night
- Difficulty sleeping possible unless post-procedure meds are taken as directed. Possible itch at night -- take meds to avoid touching and scratching during sleep
- Possible pinpoint dots of blood on face or pink cream - This is desirable & a sign that results may be even better than predicted!

### 2-3 DAYS AFTER TREATMENT

- The most hot and painful days (pain is greater than itch)
- IMPORTANT: Make sure you are applying Hyacyn Active Purifying Mist
- Take meds on schedule (NOT just when you need them)
- Goop should be applied so thick that face is white

### 4-7 DAYS AFTER TREATMENT

- Minute-grid still visible to naked eye
- Pain & need for pain meds gradually declines
- Worsening pain at this stage should prompt a call to office
- Itching will be most prominent symptom (soothe with Hyacyn Active Purifying Mist 4-6 times a day)
- DO NOT touch/itch/scratch face to avoid infection
- Nighttime antihistamines (Benedryl, Hydroxyzine) vital to avoid sleep scratching
- Face must still be white from thick goop

### 8-15 DAYS AFTER TREATMENT

- Itch gradually declines, pain should be long gone
- All meds taken by mouth discontinued
- Hyacyn Active Purifying Mist use decreased to 1-3 times daily, used for itchiness or tightness
- Severe dryness & sun sensitivity continues
- Dewy look maintained with provided moisturizer & SPF (never dry)
- Avoid old makeup/skincare products that likely contain bacteria. Wash any makeup brushes before use. Stay away from powders, as they tend to be drying.

### WEEKS TO MONTHS AFTER TREATMENT

- Minute-grid pattern microscopic, slowly disappears
- Avoid retinol products for at least 4-6 weeks
- Severe dryness slowly declines, dewy complexion still preferred
- No itch should remain unless old makeup/skincare products are started prematurely and cause allergy/infection
- Hyacyn Active Purifying Mist discontinued
- Continue use of gentle skincare until scheduled 6-8 week follow-up
- Reverse aging will continue over the next 6 months

SCAN TO WATCH

DAYS 1-5



DAYS 6-10



**\*Note: Experience will vary from patient to patient.**

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## MEDICATIONS

**XANAX** (optional): Prescribed if you are feeling anxious about the procedure.

**PAIN MEDICATION** (optional): Codeine or pain medication allergy? Notify us.

**VALTREX**: Helps to prevent occurrence of cold sore virus.

**ANTIBIOTIC**: Prevents infection & decreases inflammation. Notify us of any antibiotic allergy. Antibiotic given to you at the time of your CO<sub>2</sub> appointment.

**ARNICA**: Herbal supplement to alleviate swelling and inflammation. Take 2 tablets, 3 times a day until pack runs out.

*\*We will review your current medication list. If there are any drug interactions, prescriptions may vary. Please notify us if your medication list has recently changed.*

# What's in your home kit?



## **Vanicream Cleanser:**

Use to gently clean treated area following laser procedure. Clean hands, fingertips, and lukewarm water!

**Daily Routine: Step 1**



## **Tube of Vaseline:**

Use a Q-tip to apply a thick layer to upper and lower eyelids, below the chin, neck & chest!

**Daily Routine: Step 4**



## **Avène Cicalfate Restorative Skin Cream:**

Helps restore and promote skin recovery. Cicalfate should be reapplied to treated area every 2 hours. **Daily Routine: Step 5**



## **Hyacyn Active Purifying Mist**

Anti-microbial & anti-inflammatory spray with wound-healing, PH-balancing properties.

**Daily Routine: Step 2**



## **eltaMD Elements SPF:**

Helps prevent damage caused by sun exposure. Should be applied if going outside. If inside, stay away from sunlight from windows.

**Daily Routine: Step 6 \*if outside\***



## **Restorative HA Serum**

Reduce inflammation and stimulate the skin's natural recovery process.

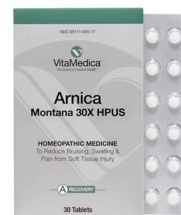
**Daily routine: Step 3**



## **SkinCeuticals BioCellulose Masque:**

Locks in moisture & soothes skin \*Wet masque in morning to remove.

**Use night of treatment**



## **Arnica:**

Natural supplement that helps reduce swelling.

**Take as directed with other medications.**