



CO₂ Laser Resurfacing Pre & Post-Procedure Instructions

PRE-TREATMENT

- **Do** hydrate well day prior and day of procedure as this improves outcome
- **Do** plan for 5-7 days of downtime
- **Do PLEASE** arrive with clean, makeup-free skin
- **Do** inform your provider if you have a history of cold sores
- **Do** arrange a driver if you want mild sedation
- **Do NOT** undergo treatment if on Accutane within 6 months
- **Do NOT** use retinoids or exfoliants 5–7 days prior
- **Do NOT** have tanned skin, recent sunburn or excessive sun exposure

POST-TREATMENT

- **Do** use ice packs during the first 24 hours if needed to reduce swelling
- **Do** expect redness, swelling, slight oozing, then crusting and light peeling as part of normal healing
- **Do follow the daily directions on the back of this page**
- **Do** apply Aquaphor or Biafine frequently to keep skin moisturized + protected
- **Do** consider sleeping with your head slightly elevated in the first 48 hours to minimize swelling
- **Do** use and change to freshly cleaned towels on your pillow
- **Do NOT** allow your pets to lick your face while healing
- **Do** avoid **ALL** sun exposure and wear protective hat/face shield/sunglasses
- **Do** apply Zinc/Titanium only SPF 30+ once skin is healed (~5-7 days)
- **Do NOT** pick, scratch or peel treated skin
- **Do NOT** allow skin to dry out
- **Do** feel free to spritz with Hypochlorous Acid throughout the day
- **Do NOT** wear makeup until healed
- **Do NOT** use active skincare x 2-3 weeks after (retinoids, acids, Vitamin C)
- **Do NOT** expose skin to heat (saunas, steam, hot yoga)
- **Do NOT** engage in strenuous exercise or excessive sweating
- **Do** expect possible persistent redness/pinkness of the skin for a few months as normal healing

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

Turn Page For Daily Care Directions

CO₂ Laser Resurfacing Post-Procedure Daily Care Instructions

Your results depend HEAVILY on your consistency of post care. PLEASE FOLLOW!

Day	AM	Mid-day	PM
1	<ul style="list-style-type: none"> • Procedure day • Do not wear masks • Do not touch skin • Maintain the layer of Aquaphor on treated areas 		<ul style="list-style-type: none"> • Reapply Aquaphor layer before bed • Do not wash treated area this day • Use a fresh clean towel over your pillowcase to sleep • Sleep slightly elevated to help swell
2	<ul style="list-style-type: none"> • Rinse treated area with cool to lukewarm water only, pat dry • Use vinegar soak masks on treated area for 10 minutes (1 cup of filtered/distilled water to 1.5 teaspoons of distilled white vinegar) • Apply layer of Aquaphor • Stay completely out of the sun using a physical shield. DO NOT use sunscreen. 	<ul style="list-style-type: none"> • Lightly spritz treated areas with hypochlorous acid (or repeat vinegar soak) • Apply Aquaphor (do not allow treated area to get dry at all, keep it greasy) 	<ul style="list-style-type: none"> • Gently cleanse treated area with Cerave Hydrating Cleanser and cool to lukewarm water • Use vinegar soak masks on treated area for 10 minutes • Apply Aquaphor layer • Use a fresh clean towel over your pillowcase to sleep • Sleep slightly elevated to help swell
3	<ul style="list-style-type: none"> • Gently cleanse treated area with Cerave Hydrating Cleanser • Use vinegar soak masks on treated area for 10 minutes • Apply full layer of Biafine and Aquaphor only on sensitive spots • Stay completely out of the sun using a physical shield. DO NOT use sunscreen. 	<ul style="list-style-type: none"> • Lightly spritz treated areas with hypochlorous acid (or repeat vinegar soak) • Reapply Biafine throughout the day (do not allow treated area to get dry) 	<ul style="list-style-type: none"> • Gently cleanse treated area with Cerave Hydrating Cleanser • Use vinegar soak masks on treated area for 10 minutes • Apply full layer of Biafine and Aquaphor only on sensitive spots • Use a fresh clean towel over your pillowcase to sleep
4-10	<ul style="list-style-type: none"> • Cleanse treated area with Cerave Hydrating Cleanser • Lightly spritz with hypochlorous acid • Apply layer of Biafine • Continue using a physical shield • Apply SPF 30 or higher with ONLY zinc/titanium oxide or Hydratint SPF 	<ul style="list-style-type: none"> • Reapply Biafine throughout the day whenever treated area feels dry or needs soothing 	<ul style="list-style-type: none"> • Cleanse treated area with Cerave Hydrating Cleanser • Lightly spritz with hypochlorous acid • Apply layer of Biafine