

# FRACTIONAL CO2 LASER RESURFACING

## Before your treatment:

Please stop using retinol, Retin-A, glycolic acid, salicylic acid, AHA, BHA, scrubs or anything else that exfoliates your skin 4 days prior to your treatment.

Avoid sun exposure, tanning beds, and tanning sprays for 4 weeks prior to your laser treatment. Please apply sunscreen at least 3 times a day in the weeks leading up to your laser treatment.

Please use your recommended skincare regimen for 4-6 weeks prior to your laser treatment.

Hydrated and moisturized skin will respond better to laser treatment. For this reason, please drink at least 8 cups of water a day during the 2 weeks leading up to your laser treatment. Apply a moisturizer to your skin 2-3 times per day including before going to bed.

You may be asked to take an antiviral and antibiotic medication to prevent infection starting 3 days prior to your laser treatment.

## Preparation for the day of treatment:

Please have a bottle of white vinegar, clean washcloths or gauze, cold water in the fridge, and a clean pillowcase prepared at home prior to arriving at the clinic for your laser treatment. You will need these items to take care of your skin after the laser.

Come to the clinic wearing comfortable clothing and without any makeup on your eyes, face, or neck. Your skin will need to be completely clean prior to the treatment.

Please eat and drink something prior to arriving at the clinic.

Please buy Ibuprofen and Benadryl from your local pharmacy. You may need the Ibuprofen for pain control and Benadryl for itchy skin.

## After your treatment:

Immediately after the laser treatment, your skin will look red and swollen. You will experience a heat or burning sensation which can last for 2-4 hours after treatment. This burning sensation can be uncomfortable. Icepacks and wet soaks help. Some patients experience chills in the hours after the procedure and this is normal.

The skin will feel tight and there will be crusting and dark spots after the laser treatment. The skin will eventually peel off and the underlying skin will be red. The redness will resolve in most cases over the first few weeks after treatment.

Caring for the treated skin during the first days to weeks after the treatment is important to ensuring best results. The goal is to keep the skin clean, moist, and out of the sun.

Repeat the steps listed in the table below at least 3 times a day for the first 5 days after laser treatment.

After the first 5 days, you can stop using the vinegar/water soaks and replace the healing ointment with a non-comedogenic moisturizer and sunscreen and use these until your skin has completely recovered. Once your skin has recovered, after approximately 2-4 weeks, you can restart your regular skincare regimen.

You can start applying makeup to the skin after your first follow-up visit with Dr. Patel.

| Step  | Instruction   | Reasoning  |
|---|---|--|
| 1   | Clean the skin using a gentle cleanser such as Cerave Hydrating Facial Cleanser. Be very gentle when cleaning the skin. | Remove old ointment and clean skin   |
| 2   | Apply vinegar/water soaks** to the skin   | Help prevent infection and sooth the skin  |
| 3   | Apply Cerave Healing Ointment   | Protect the skin and form a barrier on top of the skin to prevent water loss and infection |
| ** Mix 1 tablespoon of white vinegar into 1 cup of water and place the cup in the fridge. |   |  |