

CO₂RE Laser Treatment Instructions

by Shaun Patel, M.D.

CO₂RE is a fractionated CO₂ laser system that I use to treat wrinkles, sun damage, irregular skin texture, skin laxity, acne scars, and surgical scars.

Most patients will see significant results after just one treatment. However, the recovery is demanding. Following the directions below will ensure that your skin heals properly, and downtime is minimized.

Pre-treatment Instructions:

Please stop using retinol, Retin-A, glycolic acid, salicylic acid, AHA, BHA, scrubs, or anything else that exfoliates your skin 7 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.

Start using Alastin Regenerating Skin Nectar at least 2 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 two weeks leading up to your laser treatment. Apply a moisturizer to your skin 2-3 times per day including before going to bed.

Preparation for day of the treatment

Please have a bottle of white vinegar, clean washcloths or gauze, cold water in the fridge, and a clean pillow case 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.

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

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

Post-treatment Instructions:

Immediately after the laser treatment, your skin will look red and swollen. You will experience a heat or burning sensation which can last for a few 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.

Caring for the treated skin during these first days after the treatment is very important to ensuring optimal results.

The goal is to keep the skin clean, moist and out of the sun.

Updated January 22, 2019

Repeat the following process at least 3 times a day for the first 5 days after the laser treatment.

Step	Instructions	Reasoning	Notes
1	Clean skin using Vanicream Gentle Facial Cleanser	Remove old ointment and clean skin	Be very gentle when cleaning the skin.
2	Apply **vinegar/water soaks to the skin	Help prevent infection and soothes the skin	
3	Apply Alastin Regenerating Skin Nectar to the skin	Helps reduce recovery time, and helps skin heal	
4	Apply Vaniply Ointment to the skin	Protects the skin and forms 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.

After 5 days, you will stop the vinegar soaks and ointment and switch to the following:

Step	Instructions	Reasoning
1	Clean skin using Vanicream Gentle Facial Cleanser	Clean skin
2	Apply Alastin Regenerating Skin Nectar	
3	Apply Vanicream Moisturizing Skin Cream	Keep skin moist
4	Apply EltaMD UV Physical or UV Daily sunscreen	Protect skin from sun

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.

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