

All About Aesthetics, P.C.

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CO2 Laser Resurfacing Post treatment

It is important to follow your physician's instructions after treatment. You will have little to no discomfort when these instructions are followed:

During the first 24 hours-post treatment:

- Your skin may look discolored and appear pink and shiny to gray. Expect your skin to feel rough and have crusting and weeping for an average of 4-5 days.
- For swelling and discomfort, use ice/cold packs every two hours for 20 minutes max.
- Wipe away crusting 3-4 times a day before applying occlusive ointment.
- Cover treated areas with a moisturizing ointment every two hours.
- Keep your head elevated by using two or more pillows when lying down.

Day 1 through Day 10-post treatment:

- Continue taking all medications as directed by your physician.
- Your skin may feel sensitive and may have a red and swollen appearance depending on the treatment. The treated area may itch.
- Continue to keep treated areas covered with a moisturizing ointment every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching.
- Use ice/cold packs as needed for swelling and discomfort.
- Continue to keep your head elevated by using two or more pillows when lying down.
- Pain medication may be given, if needed, however pain should abate within 24 hours. If you feel pain 1-2 days after procedure, call your physician.
- Soak treated regions with cold, dilute acetic acid soaks (1 tsp. white vinegar per pint of tap water placed in refrigerator) for at least 15 minutes 3-4 times a day. After soaks, gently wipe treated areas using a clean wash cloth or gauze pad to remove

dead skin. **Do Not Scrub**. Continue soaks until new skin growth occurs (as soon as 7-10 days).

- After 36 hours, begin gently cleaning the skin twice a day with a mild, hypoallergenic cleanser. **Do not scrub** treated area. If any irritation or burning occurs, wait and try again the following day. Reapply occlusive ointment after each wash.
- Avoid sun exposure during the first few weeks following the procedure. A sunscreen with SPF of 30+ should be used for any transient exposure. If possible, cover treated area with clothing or use a brimmed hat to reduce sun exposure.
- If there is any increase in pain or increase in skin redness, call your physician promptly.
- Keep all follow-up appointments with your physician to access treatment progress.
- Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually 24-48 hours.
- Once you feel comfortable, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.
- If you have any questions about these instructions or the procedure, please contact your physician.

Patient Signature _____ **Date**_____