

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



**Drink water  
+ moisturize constantly**



**Take medicine as directed**



**Stay away from sunlight**



**Vinegar Water Soaks**



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** and/or **Avene Thermal Water** spray to reapply moisturize to skin.  
*REMEMBER: Don't wash your skin yet, just put the moisturizing products right on top.*
- ☐ Take your first antibiotic pill at dinner time.

## 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, **Avene Thermal Water** recommended
- ☐ Wash face for first time using...
  - **Vanicream Gentle Cleanser**
  - Fingertips
  - Lukewarm Water
- ☐ Pat dry, complete your first **Vinegar Water Soak**
- ☐ Pat dry, apply **Petroleum Jelly** to eyelids (never on facial skin)
- ☐ Apply thick layer of **Cicalfate & Vanicream Cream** to your treated skin
- ☐ Lastly, apply the BioCellulose Masque. Sleep in the masque and use water to remove in the morning

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## DAILY ROUTINE



### STEP 1

Wake up, gently cleanse skin...

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

### STEP 2

Pat dry, complete a **Vinegar Water Soak**



### STEP 3

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



### STEP 4\*

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

### STEP 5\*

Apply thick layer of **Vanicream Cream** to your treated skin.

### STEP 6\*

If going outside, apply **Vanicream SPF**

### STEP 7

Take medications as directed



### AS NEEDED

Use **Avene Thermal Spray** as needed for relief from dryness or itching

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

*If you have had your neck and/or chest treated, you may now switch to **Vanicream Cream, Petroleum Jelly, and Vanicream SPF** 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 & Vanicream Cream**  
every 2 hours while awake

**Repeat Vinegar Water Soaks**  
DAYS 1-2: 4-6 times daily  
DAYS 3-10: 3 times daily

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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: Diluted vinegar water soaks
- Frequent Avene Thermal Water sprays required to soothe burning pain
- 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 vinegar water soaks 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
- Vinegar soaks 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

### 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
- Vinegar soaks discontinued
- Reverse aging will continue over the next 6 months

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## MEDICATIONS

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

**TYLENOL #3** (optional): Paper prescription is Tylenol with a little codeine. Codeine allergy? Notify us for an alternate prescription.

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

**HYDROXYZINE**: Antihistamine that helps alleviate itching and swelling. Causes drowsiness.

**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.

## VINEGAR WATER SOAK

**Combine 1 part vinegar to 4 parts water. Soak CLEAN cotton washcloth in mixture and cover affected area for 5-10 minutes.**

- Important because it is antimicrobial and prevents infection
- Lowers the pH of the skin and helps promote faster healing
- Feels nice, soothes “itch” skin can have as it heals. (Physically scratching your skin is NOT recommended and can cause scarring.)

**TIP:** Cut eye holes in your washcloths so that you can lay the washcloth on your face without irritating your eyes with the vinegar solution.

**TIP:** If the vinegar mixture burns, you can always add more water, adding back more vinegar as you can tolerate.

**TIP:** Use a new washcloth every single time. Washcloths should be washed in laundry detergent that is dye and fragrance free.

# 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 3**



## **Avene Cicalfate Restorative Skin Cream:**

Helps restore and promote skin recovery. Cicalfate should be reapplied to treated area every 2 hours. **Daily Routine: Step 4**



## **Vanicream Cream:**

Heavy moisturizer. Use in addition to Cicalfate to keep treated area moisturized.

**Daily Routine: Step 5**



## **Vanicream 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\***



## **Avene Thermal Spring Water:**

Soothes, softens and calms skin.

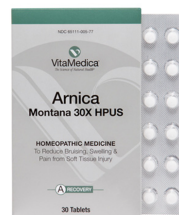
Use as needed. For best results, keep refrigerated. Keep on your nightstand. **Use as needed**



## **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.**