

CO₂ LASER LITE

FULL FACE

1 Treatment: \$1300 OR 3 Treatments: \$3000

NECK AND DECOLLETAGE

1 Treatment: \$1300 OR 3 Treatments: \$3000

NECK ONLY

1 Treatment: \$750 OR 3 Treatments: \$2000

CHEST ONLY

1 Treatment: \$750 OR 3 Treatments: \$2000

FOREARMS INCLUDING HANDS

1 Treatment: \$1300 OR 3 Treatments: \$3000

PERIORAL AREA

1 Treatment: \$400 OR 3 Treatments \$1000

**One repeat session to same area will be 1/2 price within 12 months of initial treatment.*

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What will I look like after the procedure?

You can expect pinpoint bleeding/crusting and swelling for 2-5 days following the procedure (pending depth of procedure). This is NORMAL and expected. AVOID scrubbing or picking, as this can result in bleeding and possible scarring.

When can I wear make-up again? When can I exercise again?

Make-up can be worn after day 5. Vigorous exercise should be avoided for 7 days.

AFTERCARE PRODUCTS TO PURCHASE

- o **Avène Cicalfate Restorative Skin Cream:** helps restore and promote skin recovery. Cicalfate should be reapplied to treated area every 2 hours.
- o **Avène Thermal Spring Water:** soothes, softens and calms skin. Use as needed.
- o **Arnica:** helps reduce swelling. Place 2 dissolvable tablets under your tongue 3 times daily.

AFTERCARE PRESCRIPTIONS

- o **Seysara:** antibiotic to help reduce inflammation and prevent infection. Take one tablet by mouth once daily for 7 days.
- o **Hydroxyzine:** treats itching and swelling. Take 1-2 tablets by mouth every 4-6 hours as needed for itching. This medication may cause drowsiness. Do not take before driving.
- o **Valtrex:** prevents cold sores. Take 1 tablet 3 times daily for 1 week beginning the day of your procedure.

OVERALL GUIDELINES AND HELPFUL TIPS

- Ice packs can be used to reduce burning and decrease swelling.
- Use an old pillowcase or place a towel over pillow to prevent staining sheets.
- Limit activity and avoid strenuous exercise for **7 days** to allow healing.
- While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. **Do NOT drive while taking prescription pain medication.**

AFTERCARE INSTRUCTIONS

1. Cleanse using a gentle cleanser. We recommend Vanicream Gentle Cleanser. To prevent irritation, gently cleanse your skin and do not scrub.
2. To promote healing, vinegar water soaks should be done twice daily as directed:
 - o Combine 1 part white vinegar to 4 parts water. Store this in the refrigerator to keep cold.
 - o Soak a clean cotton wash cloth in the vinegar solution and place on the treated area for 5-10 minutes. Replace wash cloth after each use.
 - o You will continue this for 4 days.
3. The treated area should be moisturized using Avene Cicalfate Restorative Cream for the first 48 hours and then use Vanicream cream or lite for next 2-3 weeks. (Apply as often as needed)
4. To minimize swelling, sleep with 1-2 extra pillows and keep head elevated.
5. AVOID UV LIGHT EXPOSURE while healing from the procedure. ALWAYS apply sunscreen (EltaMD UV Pure) if going outdoors. This includes driving in the car and sunlight from windows.
6. Do not apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin. Stop any anti-aging or correction products. If you are using prescription acne medications, discontinue these until skin is no longer sensitive. Discontinue any retinoids, including Tazorac, Retin-A, Renova, and Differin.