



Fractional CO2 Laser Post Care Instructions

Be sure you DO NOT leave our office without your POST-PROCEDURE CARE PACKAGE. Your customized POST-PROCEDURE CARE regimen includes:

1. EltaMD SilverGel - Antimicrobial wound gel
2. EltaMD Laser Balm - Post-Procedure Healing Ointment
3. EltaMD UV Elements Broad-Spectrum SPF 44 Sunscreen
4. EltaMD Foaming Facial Cleanser

Your procedure has removed some of your skin's protective layer. The delicate new tissue needs protection and help with healing. For best results follow these post procedure instructions. If there are questions or concerns in the days following the procedure, please call our office at **706-543-5858.**

The following appointments have been made for you for follow up. Please make every effort to keep these appointments to assess your healing and further post-procedure care:

DAY of Procedure

The day of the procedure and the first 3 days following the procedure, you will cleanse your skin using a dilute vinegar/water solution. Mix 1 Tablespoon white distilled vinegar with 1 pint (2 cups) warm water. You can then use a clean paper towel, gauze, or soft cloth to dip in the solution and rest against the treated area for 10-15 minutes.

- 1) Cold packs may be applied to the treatment area as needed for discomfort.
- 2) The EltaMD Laser Balm will be applied immediately after the procedure. You should reapply every 2-3 hrs as needed for discomfort or dryness.

- 3) Cleanse with a vinegar/water soak 4 hours after the procedure. Pat skin dry, do not rub, and do not allow your skin to dry out.
- 4) After cleansing, apply a thin layer of the EltaMD SilverGel to all treated areas.
- 5) Next apply the EltaMD Laser Balm to retain moisture and create a barrier for the skin.
- 6) Repeat cleansing the skin and applying the SilverGel and Laser Balm approximately every four hours during waking hours.
- 7) Elevate your head using pillows to reduce swelling, especially if the treatment focused around the eye area.
- 8) It is best to go outdoors as little as possible. Your skin will be VERY sun sensitive. However, if you go outside you should generously apply the EltaMD UV Elements sunscreen, plus a wide brimmed hat.
- 9) Unless prior arrangements were discussed, you have been provided preventive medications for cold sores, infection, and excessive swelling immediately after your treatment. This includes valacyclovir, cephalexin, and medrol. You will have already taken your medrol dose the morning of the procedure, as well as the morning dose of valacyclovir and cephalexin. Please take your evening dose of valacyclovir and cephalexin.

The 1st Day Following Treatment

- 1) Day 1 post-treatment, take the medications as indicated on the medication instruction sheet provided (Medrol, valacyclovir, cephalexin).
- 2) Gently cleanse the skin in the morning with a vinegar/water soak. Pat skin dry, do not rub, and do not allow your skin to dry out.
- 3) After cleansing, apply a thin layer of the EltaMD SilverGel to all treated areas.
- 4) Next apply the EltaMD Laser Balm to retain moisture and create a barrier for the skin.
- 5) Repeat cleansing the skin and applying the SilverGel and Laser Balm approximately every four hours during waking hours.

- 6) Benadryl 25 mg every 6 hours may be used for itching or swelling.
- 7) Extra Strength Tylenol may be used for discomfort, following the directions of the bottle for dosing.
- 8) It is best to go outdoors as little as possible. Your skin will still be VERY sun sensitive. However, if you go outside, you should generously apply the EltaMD UV Elements sunscreen, plus a wide brimmed hat.

Day 2 Following Treatment

- 1) Day 2 post-treatment, take the medications as indicated on the medication instruction sheet provided (Medrol, valacyclovir, cephalexin).
- 2) Gently cleanse the skin in the morning with a vinegar/water soak. Pat skin dry, do not rub, and do not allow your skin to dry out.
- 3) After cleansing, apply a thin layer of the EltaMD SilverGel to all treated areas.
- 4) Next apply the EltaMD Laser Balm to retain moisture and create a barrier for the skin.
- 5) Repeat the vinegar/water soak, SilverGel, and Laser Balm application mid-day if itching occurs.
- 6) Cleanse the skin again in the evening, followed by application of the SilverGel And Laser Balm.
- 7) Continue to follow sun exposure precautions.

Day 3 Following Treatment

- 1) Continue to take the medications as indicated on the medication instruction sheet provided (Medrol, valacyclovir, cephalexin).
- 2) This will be your last day of cleansing with vinegar/water soaks and applying the SilverGel. In the morning, gently cleanse the skin with a vinegar/water soak. Pat skin dry, do not rub, and do not allow your skin to dry out.
- 3) After cleansing, apply a thin layer of the EltaMD SilverGel to all treated areas.

4) Next apply the EltaMD Laser Balm to retain moisture and create a barrier for the skin.

5) The greatest amount of peeling tends to occur on day 3 or 4. You may begin to notice peeling on day 3. Vinegar and water soaks may be used throughout the day to aid in peeling, but DO NOT PICK YOUR SKIN!! If you perform soaks during the day, make sure to re-apply the SilverGel and the Laser Balm afterwards.

6) Some pinpoint bleeding may occur at this point due to the peeling. This is normal and should cause no concerns.

7) Apply Laser Balm liberally for moisture, and to ease the dryness due to the peeling.

8) Continue to follow sun exposure precautions.

Days 4-10

1) Continue to take the medications as indicated on the medication instruction sheet provided (Medrol, valacyclovir, cephalexin) until you have finished the course of each one.

2) You will now start to use the EltaMD Foaming Facial Cleanser to gently cleanse the skin morning and evening, followed by the Laser Balm (as necessary for dryness) until all redness has gone.

3) Gentle Mineral makeup or your own established cosmetics may resume on day 4, as peeling allows.

4) It is best to go outdoors as little as possible. Your skin will still be VERY sensitive. However, if you do go outside you should apply the EltaMD UV Elements sunscreen and wear a wide-brimmed hat.

5) You will have a follow-up appointment with your provider and aesthetician to discuss proper long-term post procedure skincare. Your skin will continue to develop new collagen as a result of the treatment for up to one year. Patients continue to notice improvement in skin quality months after treatment. During the year after treatment, it is the most important time to provide your skin with the necessary building blocks for this transformation: sun protection, retinols, nutrients, growth factors, and moisture. We will assist you in providing the best quality skincare to optimize your results.