

CO2 LASER RESURFACING

PRE & POST-TREATMENT INSTRUCTIONS

Pre-Treatment Instructions

- You will pre-treat with an antiviral medication to prevent cold sores (Herpes Simplex Virus). This is standard even if you have never had a cold sore.
- Do not use retinoid products for at least 24 hours prior to your procedure.
- Avoid excessive sun exposure for at least two weeks before and two weeks after your procedure.

Required Purchases

- Prescription antiviral medication
- White vinegar
- Aquaphor (7 oz recommended)
- OTC Cortisone ointment

What To Expect

- Days 1-3:
 - Areas of the skin may be slightly raw and sensitive.
 - Mild weeping, crusting, and bleeding may occur depending on treatment depth.
- Days 4-7:
 - Peeling will begin — **do not pick or pull skin.**
 - Follow-up appointments are required on day 7 with your provider and your aesthetician.
- Redness and sensitivity typically normalize within 5-14 days.
- Pinkness of the skin may last several weeks to months.
- Use sunscreen daily, as your skin will be extra sensitive to sun exposure for months following laser resurfacing.

Call Promptly If You Experience...

- Significant swelling, especially around the eyes.
- Fever over 100.4°F (38°C).
- Severe pain that is not relieved by medication.

Tips & Tricks

- Cover your pillowcase with a soft towel to help prevent the transfer of Aquaphor onto your linens.
- Dawn dish soap is helpful in removing any Aquaphor from your hair.

Post-Treatment Days 1-3

- **Do not cleanse or shower for the first 24 hours.**
- **Always wash your hands before touching your face** to prevent infection during the healing process.
- Keep a heavy coating of Aquaphor on the treated area(s) for 3 full days following your treatment. Reapply Aquaphor as frequently as needed. **Do not allow your skin to dry out.**
- After 24 hours, cleanse the area with diluted white vinegar (1 part vinegar to 3 parts water) up to 3 times daily.
- Avoid exercise, saunas, pools, and excessive heat for 7-10 days.
- Continue antiviral medication as prescribed.
- Move to the aftercare kit once your skin is free from scabbing/crusting and your skin is red/pink in color.

Post-Treatment Days 4*-7 *(once skin is free of scabbing/crusting)

- Follow this skincare routine, morning and night, as directed below using the provided aftercare kit:

AM & PM Skincare Steps:

- | | |
|-----------------------------------|---------------------------------|
| ① Cleanser- Epicutis Oil Cleanser | ③ Hydrate- Epicutis Hyvia Creme |
| ② Treat- Epicutis Lipid Serum | ④ Protect- SPF |

- When cleansing and applying products, **DO NOT** rub in a circular motion. This will irritate and cause damage to the skin.
- Apply the provided sunscreen anytime you are outside, even in the evenings.
- Use OTC cortisone to help calm more irritated areas of your skin as needed.
- Attend your 7 day follow up appointment scheduled on: _____

Medications

- You may use acetaminophen for post-treatment discomfort as needed.
- Do not take aspirin or NSAIDs (Advil, Motrin, Ibuprofen) for the first 24 hrs.