

C02 Laser Resurfacing



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GENERAL EXPECTATIONS:

- Procedure
 - Approximately 2 hours and 30 minutes from start to finish.
 - Antibiotics, Antivirals, Anti-Anxiety and Pain Relievers will be prescribed
 - Laughing Gas (Pro-NOx) will be available as needed
- Expect
 - Mild to moderate pain, swelling and oozing for 1-3 days after procedure.
 - Redness and a sunburn-type sensation for 1 -3 days post procedure
 - Face will normally bronze and peel within 3-5 days
 - Note: Redness in the neck area is more persistent and will usually last several days longer than face redness and normally requires up to 2 weeks to bronze and peel
- Avoid
 - Direct sunlight
 - Environmental irritants during healing process
 - Examples: dust, dirt, aerosols, cleaning agents
 - Dryness and excessive heat
 - Hair dryer on medium heat is fine during healing process
 - Vigorous exercising for 2 weeks.
 - Alcohol and Unhealthy foods to aid in the healing process

BEFORE TREATMENT:

- Arrange a ride prior to procedure
- Prescriptions need to be picked up prior to procedure day
 - Keflex or Cefadroxil (antibiotic): one pills two times a day for 7 days
 - Begin taking one day prior to the procedure day.
 - Valtrex (antiviral): one pill two times a day for one week
 - Begin taking one day prior to the procedure
 - Halcion (benzodiazepine/ anti-anxiety)
 - This is to be taken 1 hour prior to procedure
 - The medical assistant will advise you when to take the Halcion on the day of the procedure
 - Percocet (oxycodone/ pain reliever): optional
 - to relieve pain after procedure
- STOP topical retinoids 1 week prior to procedure.
 - Do not re-implement until healing is complete.
- HYDRATE: Being well hydrated will help increase the outcome of the CO2
- You will be provided with Avène SOS post procedure recovery kit
 - Please see last page for details
- Purchase distilled water and distilled white vinegar for Vinegar Rinses

DAY OF TREATMENT:

- Wear comfortable clothing that can be easily washed.
- A topical numbing will be applied to the treatment area.
 - Numbing will remain on the treatment area for an hour
- Blood will be drawn in order to obtain PRP (platelet rich plasma).
 - PRP will be applied to the treated area after the procedure
 - PRP promotes healing and enhances overall outcome.
- Post procedure Aquaphor will be applied to help protect the treatment area and keep it moist.
 - Reapply 7-10 times daily throughout the healing process.
- Post procedure apply cooling compresses. A cooling mask will be provided. You may use it a couple hours after the procedure.
 - **10 minutes on 20 minutes off for two hours**
- If desired, you may spray Avène Thermal Spring Water (Provided)
- May take an analgesic (e.g., Acetaminophen or Ibuprofen) for discomfort if you do not wish to take the Percocet.
- WEAR WIDE BRIMMED HAT
 - Exposure to the Sunlight must be minimized as much as possible
 - Staying indoors and avoiding sun exposure is strongly advised during the healing process

FIRST NIGHT:

- Sleep slightly elevated.
- Apply generous amount of Aquaphor (a tube will be provided).
 - Continue applying this 7-10 times daily, on an as needed basis
- Spray skin with **Avène Thermal Spring Water** (provided **SOS** kit)
 - Continue as needed to soothe and calm redness and irritation
- Place blue “chuck” (several chucks will be provided) over pillow to protect from ointment/cream.
- If experiencing irritation to the eye, you may use an eye lubricant
 - Example of lubricating eye drops, Systane™
- **Do NOT wash the treated area the first night.**
 - You may apply Aquaphor and spray face with the Avène Thermal Spring Water as needed.
 - You may apply provided cooling mask a couple hours after the procedure

DAY 1 (FIRST DAY AFTER TREATMENT):

- Avoid direct sunlight and excessive heat.
 - Stay indoors except for follow up appointment.
 - Wear wide brimmed hat and protect your face from sunlight
- You may experience
 - Significant swelling
 - Minor oozing
 - Pin point bleeding.
- Begin gently washing treated area 2-3 times a day with your Avène Tolérance Extrême Cleansing Lotion (provided) using water is not necessary, but you can use warm water if desired. **NO HOT WATER**
- Continue applying Aquaphor to the treated area as needed.
 - **The goal is to ensure the treated skin remains constantly moist.**
- Showering and washing hair is now permissible.
 - Avoid hot water and if using a blow drier use a low heat setting
- You may do Vinegar cold compresses 4-5 times daily
 - 1 Gallon of distilled water mixed with ½ cup of distilled white vinegar
 - Mix up prior to the procedure and refrigerate
 - When ready to do a vinegar compress
 - Pour some of the mixture into a bowl
 - Soak a couple squares of provided gauze into mixture (enough gauze to cover treated area)
 - Apply soaked gauze onto CO2 treated area
 - Gentle press into skin
 - Let sit on area for up to 10 minutes
 - You may very GENTLY wipe face when removing gauze
 - Always reapply Aquaphor
- Come in for next day follow up or make alternative arrangements to check in with your doctor.

DAY 2-3:

- Itching (particularly along the jaw line) tends to during this time.
- Continue applying Aquaphor
- Continue with vinegar cooling compresses
- Continue washing face with Avène Tolérance Extrême Cleansing Lotion
- For extreme itching you can begin applying Avène Cicalfate and take 1 Claritin 10mg
- **AVOID picking and/or scratching.**
- **WEAR WIDE BRIMMED HAT AND AVENE SUNSCREEN SPF 50+**
 - If going outside is unavoidable. Staying completely out of the sun is best.

DAY 4-7:

- Swelling should begin to subside and skin may bronze and feel gritty.
- Itching has usually subsided.
 - You may start gently massaging in a circular motion with fingertips while cleansing to help promote exfoliation.
 - **BE GENTLE DO NOT PICK**
- Begin using Cicalfate Restorative Skin Cream (provided)
 - **CONTINUE** to apply Aquaphor and/or Cicalfate throughout the day to ensure skin remains moist
- Use sunscreen provided or a non-irritating sun block SPF 40+ with zinc oxide (7-9%) and/or titanium dioxide when going outside.
- You may apply mineral makeup
 - Powder only e.g., colore science, bare minerals
- **WEAR WIDE BRIMMED HAT AND AVENE SUNSCREEN SPF 50+**
 - If going outside is unavoidable. Staying completely out of the sun is best.

DAY 7-28:

- One week follow up appointment in the office is preferable or other arrangement can be made via phone or email.
- Continue applying moisturizer until skin has hydrated back to its normal level (3-4 weeks).
 - Examples: Cetaphil or Avène Tolérance Extrême Cream (provided)
- You may start regular skin care program if treated area is healed
 - Still **NO** exfoliation
- You may use mineral makeup (powder) to protect treated areas
 - **DO NOT** use liquid foundation as it may clog pores and cause skin irritation.
- Avoid exposure to excessive sun for up to 4 weeks
 - Hats or clothing must be used to protect treated areas
- You may return to exercise programs.
- **WEAR WIDE BRIMMED HAT AND AVENE SUNSCREEN SPF 50+**
 - If going outside is unavoidable. Staying completely out of the sun is best.



SOS Post Procedure Recovery Kit by Avène

- **3 Facial Compress:** Use with Avène Thermal Spring Water for unique application to prolong and enhance the water-to-skin relief.
 - **Can begin using the day after the procedure**
- **Avène Thermal Spring Water:** Clinically shown to soothe and calm redness and irritation
 - **Can begin using the day of the procedure**
- **Cicalfate Restorative Skin Cream:** Helps speed the skin recovery process by providing skin with a healthy environment.
 - **Can begin using day after procedure**
 - **after gently cleaning face with cleansing Lotion**
- **Tolérance Extrême Cleansing Lotion:** Completely sterile, no-rinse cleanser that is formulated with only 7 essential ingredients for maximum gentleness and efficacy.
 - **Can begin using day after procedure**
 - **2-3 times a day with room temperature water**
- **Tolérance Extrême Cream:** Ultra-soothing cream that is 100% sterile to provide skin with only nourishing essentials to restore the skin's natural barrier and hydration levels.
 - **Beginning using 5-7 Days after procedure**
- **Mineral Ultra-Light Hydrating Sunscreen Lotion SPF 50+:** Ultra-light, all mineral sunscreen enriched with antioxidant provides broad spectrum UVA/UVB protection.
 - **Can begin using day of the procedure**