

Care before and after CO2 Laser Treatment

This page contains answers to frequently asked questions regarding your care after CO2 laser treatment. This information sheet will help you to remember the instructions given to you after laser treatment.

What will I see when I look in the mirror?

Your skin will have an appearance ranging from pink and shiny to red and swollen. You will have some crusty drainage and clear red to yellow weeping. This is normal.

How will my face feel?

In general your face may feel mildly painful, tight and dry, and sometimes itchy. You will be given pain medication to take post procedure as needed. You will apply Skinceuticals laser balm ointment to exposed areas for dryness 4-6 times a day. **Do Not** let your face dry out You may take an over the counter antihistamine for itching as needed.

When can I shower or take a bath?

You normally can bathe or shower 24 hours after your procedure. You may gently cleanse your face with a gentle soap and water and pad dry, applying the Laser Balm after each washing.

When can I wear make-up?

In general, you should be able to wear hypoallergenic make-up 2 weeks after your procedure.

What can I do after surgery?

You should "take it easy" for several days following the procedure and gradually increase your activity as you feel more comfortable.

To decrease swelling, sleep with your head slightly elevated with 2 pillows the evening of surgery and for 3-5 days post-procedure.

Avoid bending, heavy lifting (over 10 lbs) and heavy exercise during this time and only gradually return to your normal routine. You can resume all of your normal activities about one week to ten days after treatment.

When can I drive?

You generally should be able to drive about 5 days after the procedure if you feel up to it.

You should not drive if you are still taking the prescribed pain medication.

When will I be able to return to work?

Depending on the type of work you do, you should be able to return to your job as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in 1-2 weeks. Your skin may still have a rough texture or may have a "pink, sun burned" appearance for 4-6 weeks.

How much pain will I have?

The most discomfort that you will have lasts 3-5 days, sometimes a little longer. As you feel more comfortable, your need for pain medication will be less.

What medications should I use?

Please let us know if you tend to develop cold sores. You may be given a prescription for Valtrex if you do tend to get cold sores

You will continue to take your Valacyclovir(Valtrex) for the next 7 days to minimize your risk of a cold sore arising after laser treatment.

I will prescribe a pain medication and sometimes something for nausea. Follow the directions on the bottle for their use. The pain medication will make you feel drowsy. Have someone assist you in your home and do not attempt to drive while you are taking the pain medication. A few days after your procedure most patients will find that Tylenol or Motrin alone will take care of the discomfort. Apply **Skinceuticals Laser Balm** to the entire affected area 4-6 times a day to keep moist. Do not let your face dry out.

Can I drink alcohol?

Do not drink alcohol for five days after your procedure.

When will I be seen in the office after the laser procedure?

You will be seen in the office **3-5 days after your procedure**. You will then be seen at 2 weeks and 1 month post procedure to monitor healing. Additional appointments may be necessary and will be determined by your healing.

What is my wound care?

Cleanse face with cool tap water and gentle cleanser. Use gauze 4x4 to gently wipe away crusting and scabbing that develops. **Do not scrub or abrade skin.**

After cleansing, liberally apply **Skinceutical Laser Balm** ointment to all areas 4-6 times for 7 days and then change to the **epidermal repair** cream 4-6 times a day for approximately 2 weeks.

Do not allow your skin to become dry, moisturize frequently.

It is important to not have **any** sun exposure to treated area for 2 weeks post procedure.

After 5-7 days, use the sunscreen provided each morning with SPF of 30 or greater for at least 3 months to treated area. We suggest daily sunscreen as your normal skin care routine.

How will I know if I am having a problem?

Urgent problems after CO2 laser do not occur frequently. There are complications that do need attention and can change your post-operative care:

If you have any of the problems listed below or other questions, contact my office.

Fluid filled blisters(vesicles), cold sores

-if you suspect you are developing any blisters(vesicles), or cold sores, even though you are taking the Valacyclovir(Valtrex), contact the office, as this could impact your final result.

Infection is rare with laser treatment. It is normal to have clear red or yellow drainage for 5 days.

-signs of infection :

Increased temperature

Increased drainage, thick yellow drainage

Increased pain and redness

Medication reactions may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office 216-778-4450.

Post Procedure Skin Care Instructions: Skinceuticals Kit

Ablative Procedure (CO2 laser)

Post Surgery

Hydra Balm

Day 1 – 7

Must avoid UV exposure/sunlight

Hydra Balm **AM & PM and as needed**

Day 5

Start adding Physical UV Defense SPF 30 AM

Day 8 – 14

Epidermal Repair **AM & PM and as needed**

Physical UV Defense SPF 30 AM

Non – Ablative (Halo)

In - Office

Hydra Balm

BioCellulose Restorative Masque

Day 1

Hydra Balm **AM & PM**

BioCellulose Restorative Masque

Physical UV Defense SPF 30 **AM**

Day 2

Epidermal Repair **AM & PM**

Physical UV Defense **SPF 30**

Day 3

Epidermal Repair **AM & PM**

Physical UV Defense **SPF 30**

Do not let your face dry out. Keep moisturizing cream on at all times.

Pre and Post-Treatment Halo Instructions

Halo is a fractional laser that uses ablative and non-ablative technology to address a wide range of skin conditions. The laser ablates or vaporizes a fraction of the skin to a desired depth while allowing adjacent untreated tissue to promote healing and collagen remodeling. The collagen remodeling results in a more radiant and youthful appearance of the skin. Fractional laser therapy reduces the signs of aging and skin defects with minimal recovery time.

Pre-Treatment Instructions:

1. Avoid tanning, excessive sun exposure, and self-tanners 2 weeks prior to laser treatment.
2. If you are taking Retin-A, Renova, Retinols, or Tretinoin, **stop** usage two weeks prior to treatment.
3. Inform us of any personal history or tendency to develop cold sores or blisters. If this is the case, you may be prescribed an anti-viral, such as Valtrex, 1 week prior to your laser treatment.
4. You may be prescribed a topical anesthetic to apply 1 hour prior to your treatment. You may apply this cream at home or you may arrive 1 hour early to apply it in the office.
5. Avoid having dermal filler injected 1-2 months pre and post laser treatment.

Post-Treatment Instructions:

1. Burning, redness, and warmth are all normal sensations following Halo laser treatment. The discomfort generally lasts 1-2 hours after the procedure.
2. Cool compresses applied for 20 minutes at a time will help alleviate any discomfort.
3. Ibuprofen or Tylenol can be taken to ease any post-procedural pain.
4. Brown patches/spots will temporarily appear darker and more noticeable over the next 2-3 days. The dark areas will flake off over the next 1-2 weeks. **DO NOT** pick at these areas, as it may cause scarring.
5. Moisturize 3-4 times a day with a bland cream. We suggest products such as Cerave, Neutrogena, or Aveeno.
6. Avoid Retin-A, retinols, salicylic Acid, and glycolic acids for 2 weeks post-procedure.
7. Make-up products may be used 48 hours after your laser treatment unless blisters are present.
8. Occasionally, facial swelling may occur especially around the eyes. The swelling should resolve in roughly 1-2 days. Sleeping in a semi-reclined position for the first 2 nights after laser therapy will help minimize swelling.
9. Avoid sun exposure for 2 weeks post-procedure, and prolonged sun exposure for 4 weeks. After the first 48 hours, sunscreen should be applied with SPF of 50+.

If you have any questions or concerns, please contact our office at 216.778.4450

Facelift or Dermal Fillers, What age is it time to consider a facelift?

The average age of patients considering a facelift is on the rise due to more innovative non-surgical options. New advances in skin care products, dermal fillers, Botox and laser resurfacing help to maintain a more youthful appearance longer. Facelifts are more lasting and can be more cost effective than yearly dermal fillers and frequent Botox administration. However, facelifts have more down time initially to recover from the surgical procedure.

Patients who are looking for a solution to smoothing out their facial wrinkles and folds can benefit from Juvederm injections. A Juvederm injection is a colorless dermal filler that is made from hyaluronic acid that smooth out lines and wrinkles in the face. There are different Juvederm formulations, all of which are made from hyaluronic acid, which is natural to our body. Botox injection can help to reduce the appearance of facial lines and wrinkles, especially on the forehead and around the eyes. Botox injections make use of the botulinum toxin that works by paralyzing the muscles responsible for facial movements, which cause wrinkles to appear. Botox however cannot help get rid of large wrinkles in the lower face or wrinkles that are caused by the sun. Dermal fillers can be costly and need to be administered yearly, and botox losses its efficacy after 3 months and needs to be readministered.

A facelift by Dr Totonchi, in our Cleveland plastic surgery clinic is a very effective procedure in removing loose and sagging skin around the face, particularly at the jawline, cheeks, jowls and neck areas that anti-aging creams and other cosmetic procedures just won't reach. A facelift helps tighten the face and neck muscles to achieve a smoother more youthful appearance. A facelift in combination with fat injections to fill any hollows of the cheeks or under eyes is a more lasting alternative than dermal fillers. With the continuous improvement in cosmetic technology, a facelift can be tailored to fit your cosmetic goals. Even with the introduction of other innovative cosmetic procedures, a facelift is still the anti-aging treatment of choice.