

## FRACTIONAL CO2 LASER POST-TREATMENT INSTRUCTIONS

After procedure:

- \* You CANNOT drive yourself home. You MUST have a driver.
- \* No direct sunlight.
- \* Go home and rest. Keep head elevated above your heart. Keep yourself properly hydrated.
- \* Use cool, damp wash cloths to help with any burning and swelling. Do not rub, just lay gently on face. You may also use a fan to help keep your face cool.
- \* You may wash your face with a gentle soap (like Cetaphil) tonight. Or you can wait until tomorrow morning. Rinse with cool water using your hands. No picking, rubbing or scrubbing. ALLOW FLAKES OF SKIN TO COME OFF ON THEIR OWN.
- \* Apply Skinceuticals Hydra Balm or Aquaphor (up to 4 times daily).  
DO NOT ALLOW TO DRY OUT OR CRUST
- \* Cover your pillows with old towels so the Balm doesn't ruin them.

Day 1-7 Morning and Evening and as needed:

ALWAYS WASH HANDS FIRST BEFORE TOUCHING YOUR TREATED SKIN

1. Cleanse skin gently with mild soap
2. Apply Skinceuticals Laser Balm/or aquaphor generously
3. Stay out of the direct sunlight!
4. Continue taking Valtrex as prescribed

Day 5 Morning

1. Start applying Physical UV Defense SPF 30

Day 8-14 Morning and Evening and as needed:

1. Cleanse skin gently with mild soap
2. Apply Epidermal Repair Cream AM and PM and as needed
3. Physical UV Defense SPF 30 AM

\* Use generous amount of Hydra Balm/Aquaphor to spot treat any areas still healing or crusted brown. When all areas have healed (dead skin has sloughed off) you may then use just use Epidermal Repair Cream/Moisturizer to entire face at least Morning and Night. If skin feels dry, you may apply during the afternoon as well.