

CO2 LASER RESURFACING PRE-PROCEDURE INSTRUCTIONS

Failure to read and follow the instructions can result in the procedure being canceled.

- Read the consent form for laser resurfacing
- We will supply you with one Alastin Post Procedure Recovery System and an Aquaphor.

Obtain supplies for pre and post op care:

- Cold packs
 - White distilled vinegar
 - Distilled water
 - Hair bands to keep hair up
 - 3 packs 4x4 gauze - example
 - Water misting bottle (optional)
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- Avoid tanning lotions, self-bronzers, and tanning beds at least 10 days prior to treatment.
 - Avoid extended sun exposure at least 10 days prior to treatment.
 - Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic or glycolic acid, etc at least 10 days prior to treatment.
 - Over the counter supplements such as vitamins may also have products that make your blood thinner. These medications increase the likelihood of bruising and bleeding and should be discontinued at least 10 days prior to treatment, see the medication list for items to avoid for reference on our website.
 - You should have a driver to take you home.
 - Do not wear any makeup or skin care products to the procedure. Come to the appointment with a clean face. If you normally shave any facial hair, please do so the evening before.
 - Dress in layers with short sleeves underneath - you may feel warm during the treatment. If receiving neck treatment, please wear shirts that allow access to the neck such as v-neck or square necklines.
 - Bring a sun hat and sunglasses with you to the appointment for immediate use post procedure.

Pre Procedure (Start 5-7 Days Before Procedure) Daily Product Usage

- *AM*
 - Cleanse with Ultra Calm Cleansing Cream
 - Apply Regenerating Skin Nectar with TriHex Technology®
 - Apply Ultra Light Moisturizer with TriHex Technology®
 - Apply SilkSHIELD All-Mineral SPF 30 with TriHex Technology®
- *PM*
 - Cleanse with Ultra Calm Cleansing Cream
 - Apply Regenerating Skin Nectar with TriHex Technology®
 - Apply Ultra Light Moisturizer with TriHex Technology®
 - ■ Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic acid, glycolic acid, and lactic acid at least 10 days prior to treatment.

CO₂ FRACTIONAL LASER RESURFACING POST OP

What should I expect after a CO₂ laser treatment?

- Oozing may occur for the first days after the procedure. Crusting or scabbing of the skin may occur shortly after any oozing. Do not pick at any scabs.
- Dry skin is usually reported 3-4 days post procedure and resolves with peeling. Peeling is normal and can occur 4-7 days after your procedure. Secondary round of peeling has been observed 1-2 weeks later. Do not pick at the peeling skin.
- Redness and swelling are also common. Swelling usually resolves within a week. Redness usually becomes faint by 1 month.
- Itching may occur as the skin resurfaces, which occurs around 3-5 days post procedure. Itching may last up to a week.

POST TREATMENT CARE:

- Follow the recommended protocol in the section below. For vinegar soak protocol see below.
- Avoid shaving until skin is no longer raw, dry, or scaly.

VINEGAR SOAKS PROTOCOL (DAY 0 - 7)

- Wash hands thoroughly with soap, rinse and dry before the vinegar soaks.
- To make vinegar soaks add 2 tablespoons of white distilled vinegar to 16 oz. of cold distilled water.
- Place 5-10 gauzes inside a clean bowl and carefully add in vinegar water until all gauzes are saturated.
- Designate the non-dominant hand as the "clean" hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
- Use the gauze to gently pat off oozing/bleeding/occlusive ointment on the treated area(s).
- Use gentle pressure.
- Once the face is clean, use fresh vinegar-soaked gauze and place them in contact with the treated areas of skin for at least 5 minutes. Soak longer for areas with crusting.
- Gently rinse face with cool water and pat dry.
- Always apply occlusive ointment (Alastin Soothe and Recovery Balm) over the entire treated area after the vinegar soaks.

POST OP DAY 0 AND DAY 1:

- Avoid shower or bathe, if needed avoid wetting face.
- Keep the treated area covered with Alastin Soothe and Recovery Balm.
- If any oozing, dab gently with clean 4x4 gauze if needed.
- Reapply Alastin Soothe and Recovery Balm as needed.
- Ice packs may be applied ON-TOP of moistened gauze (use distilled water).
- After icing, reapply Alastin Soothe and Recovery Balm as needed.
- **PLEASE NOTE: DO NOT APPLY ICE PACKS DIRECTLY TO SKIN.**
- If desired, you may spray water mist on skin using distilled or spring water.
- You may take Acetaminophen for discomfort.
- Sleep on 2 pillows or in a recliner at night, lying on your back if possible, to reduce swelling and promote healing. You may want to cover your pillow with a towel to prevent staining from ointment.
- Begin vinegar soaks **every 2 hours while awake** with a prepared solution by doing the protocol on the last page.

POST OP DAY 2 AND DAY 3:

- It is okay to shower once you are 48 hours out from your procedure but use lukewarm water to avoid generating steam and avoid direct pressure to the treated areas.
- You may wash your face as below but use fingertips only, be gentle, and pat dry.

- **DO NOT PICK ANY CRUSTING AS THIS CAN LEAD TO SCARRING.**
- Decrease the frequency of vinegar soaks to every 4 hours.
- Continue to apply Alastin Soothe and Recovery Balm after each vinegar soak.
- Generally, ensure the treated areas are covered with Alastin Soothe and Recovery Balm.
- You may take Acetaminophen for discomfort.
- Sleep on 2 pillows or in a recliner at night, lying on your back if possible, to reduce swelling and promote healing. You may want to cover your pillow with a towel to prevent staining from ointment.
- Follow recommended skincare routine below:

RECOMMENDED SKINCARE ROUTINE (Same for DAY 2-7)

AM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Soothe + Protect Recovery Balm

PM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Soothe + Protect Recovery Balm.

POST OP DAY 4-7:

- Decrease frequency of vinegar soaks to 3 times per day instead of every four hours
- Proceed with all other post op care found in Day 2 and Day 3.
- Continue with recommended skincare routine

POST OP DAY 8-11

- If you have any remaining dry, rough patches, you can spot treat with the occlusive ointment (Alastin Soothe and Recovery Balm), as needed
- Stop vinegar soaks
- Recommended skincare routine:

RECOMMENDED SKINCARE ROUTINE (DAY 8-11)

AM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Ultra Light Moisturizer with TriHex Technology®.
- Apply SilkSHIELD All-Mineral SPF 30 with TriHex Technology®.

PM

- Cleanse with Ultra Calm Cleansing Cream.
- Apply Regenerating Skin Nectar with TriHex Technology®.
- Apply Ultra Light Moisturizer with TriHex Technology®.

As Needed

- Mineral makeup can be used on top of sunscreen as needed.
- Mineral makeup ensures you maintain clear pores, and allows your skin to breathe and heal properly over time.

POST OP DAYS 12 AND BEYOND

- Return to the recommended skincare routine.
- Minimize sun exposure.
- Continue sun protection such as a hat, sunglasses, and the recommended sunscreen.
- You may resume exercise. Your skin will appear red/flushed with exercise.

RECOMMENDED SKINCARE ROUTINE (DAY 12 AND BEYOND)

AM

- Cleanse with recommended cleanser.
- Use recommended skincare products.
- Use recommended moisturizer.

- Apply recommended mineral sunscreen (should be at least SPF 30)

PM

- Cleanse with recommended cleanser.
- Use recommended skincare products.
- Use recommended moisturizer

As Needed

- Mineral makeup can be used on top of sunscreen as needed.
- Mineral makeup ensures you maintain clear pores, and allows your skin to breathe and heal properly over time.