



CO2 Laser Resurfacing

4-6 Weeks Prior to Laser Treatment-

- 1) Prepping the skin at a cellular level prior laser treatment is essential for achieving a great result! You will be given products 4-6 weeks prior to your treatment date to establish a skincare regime.
- 2) A Retin-A and 4% Hydroquinone regiment will be used 3-4 weeks before and the Retin-A will be stopped 1 week prior to your treatment date.

Post Laser Expectations-

In the few days following the procedure, you will experience some or most of the following:

- Swelling for 3-4 days
- Surface skin darkening (darker mask)
- Raw appearance (like a bad sunburn)
- Serous fluid production
- Skin may start to peel by day 4 or soon thereafter. DO NOT peel or rub off any skin at any time.

DAYS 1-5 Post Laser Instructions-

Avoid sun exposure entirely for the first 4 days after your treatment. This includes sitting near windows and walking to your vehicle, even for a short distance without a large hat and/or scarf to cover the treated area.

Step 1: Cleanse the treated area gently with a ZO Cleanser in the AM. Pat dry.

Step 2: Apply Astringent Solution powder compresses. The use of Astringent Solution Powder is to help prevent scab formation and eliminate seeping fluid. Be sure that the skin surface is always free of seeping fluid. Dissolve one packet in 12oz of water. This solution will be used throughout the day. Pour about one ounce of the solution into a small clean cup. Cover remaining solution to be saved. Dip clean gauze in the clean one-ounce solution and press/pat wet gauze over the treated area using firm pressure for 1-2 minutes (the pressure will help reduce swelling and seeping and will also help prevent scabbing).

Step 3: Mix a thin layer of Soothing Ointment and Hydrating Crème, then apply to the face. Avoid applying excessive amounts as it can lead to premature peeling and slower healing. Make sure that skin does not become too dry or too lubricated. (*Note Soothing Ointment will only be used every third time, refer to schedule given. Soothing Ointment may be used to spot treat scabs every few hours for the first 5 days.)

Repeat steps 2-3 every 2 hours until PM

Step 4: Cleanse the treated area gently with ZO cleanser before bed. Repeat steps 2-3 and Start process over in the AM.

On day 3 start using the 1% Hydrocortisone Cream twice a day until pink is gone or up to 10 days post treatment.

On Day 6 Soothing Ointment will no longer be used. Only use Hydrating Crème, Skin Protectant; unless you have scabs to spot treat.

DAYS 6-10 Post Laser Instructions:

Step 1: Cleanse the treated area gently with a ZO Cleanser in the AM. Pat dry.

Step 2: Apply Astringent Solution powder compresses.

Step 3: Apply thin layer of Hydrating Crème

Step 4: Apply SPF when going out or exposed to any damaging light. Re-apply when applicable

Repeat steps 2-3 every 2 hours until ready for PM cleanse

Step 5: Cleanse the treated area gently with ZO cleanser before bed. Repeat steps 2-3 and Start process over in the AM.

- See “Post treatment – CO2 Laser” form for more details

1 Week Post Laser and Beyond-

- 1) You will be seen for your first follow-up appointment and your skincare regiment will be reviewed.
- 2) You may start wearing Make-up and SPF as long as the skin is no longer raw or seeping.
- 3) Start using the Pigment Control Cream using the Titration Plan “Hydroquinone Step Off Instructions”

*You may need to purchase a skin brightener to substitute the Pigment Control Cream such as Lytera 2.0 (\$166.73 w/ tax), ZO 10% Vitamin C (\$100.69 w/ tax) or ZO Brightalive (\$129.92 w/ tax).

IMPORTANT AFTERCARE GUIDELINES

For optimal healing, adhere to the following:

- Men can shave lightly to remove whiskers as this can expedite the healing process. Avoid close shaving.
- Avoid extreme facial expressions to prevent cracking and stretching the skin.
- Keep hair off the face at all times.
- Avoid high heats
- You may shower daily keeping treated area away from the water.
- Sleep on your back
- Avoid contact with animals near your face
- Cleanse hands before touching face.
- Avoid sweating (exercise).
- Avoid scratching, picking or peeling any loose skin. You may trim hanging loose skin with sterile scissors.