

CO2 Pre/Post Instructions

CO2 is a powerful laser allowing us to partially ablate your skin, leaving a fraction of normal skin behind. This leads to impressive results in rejuvenation and skin tightening with a faster healing time and recovery. Full face resurfacing may be with superficial, deep or a combination of superficial/deep settings. Superficial treatment improves sun damage and textural changes of the skin, while deep treatment is collagen stimulating for wrinkles and scarring.

Most people should plan for about **1 week** of downtime after full-face, periocular or perioral deep CO2 treatment.

For superficial CO2 treatment, there is generally **3-5 days** of healing. For deep/aggressive CO2, **10 days** of healing is expected, and the *full effect of treatment is generally 4 weeks for textural change and 90 days for improvement of deeper wrinkles.*

At your consultation visit, Dr. Findley's team will discuss recommended topical products (face wash, moisturizer) and medications to use during the healing period, as well as what to have on hand at home (clean washcloths, white vinegar, etc).

Before Treatment:

- Avoid sun exposure, artificial tanning (including tanning creams) for 1 month prior.
- Get in the habit of using a broad spectrum (UVA/UVB) sunblock SPF 50 or higher when the area to be treated is exposed to any sunlight. Hats, sunglasses and protective clothing are best to combine with your sunscreen regimen for extra protection.
- Please notify our team if any of the following pertain to you: pregnancy, Accutane use in the past 6 months, history of poor wound healing, taking **blood thinners**.
- For men being treated on the face/neck, please arrive clean shaven on the day of the procedure.
- Please clean your face as you normally would the day of the procedure and do **NOT** wear make-up.
- Wear comfortable clothes, preferably a button-down shirt, and no jewelry. Please only wear glasses (no contacts).
- Continue taking all medications before treatment. Dr. Findley will discuss the possibility of several medications prior to and after your treatment, including Valtrex (antiviral),
- Valium (anxiolytic, pain reducer), Hydroxyzine (for itching), Prednisone (reduces swelling).

After Treatment:

- You generally feel a sunburn-like sensation immediately after treatment that may last for several hours. OTC Tylenol and NSAIDs (Motrin) can be helpful for this discomfort.

- For the first 24 hours after treatment, please use ice/cold packs for 20 minutes every 2 hours to reduce swelling and minimize discomfort.
- Keep your head elevated with 1-2 pillows when lying down.
- Please use **only zinc oxide sunscreen** (7% or higher).
- Please avoid other cosmetic treatments like Botox and filler for 4 weeks after treatment.
- Treatment for redness (IPL) will be offered at a minimum of 2 weeks after CO2.
- No working out for 48 hours after treatment.
- Slowly resume normal topical medications like retinoids after 2 weeks.
- Please contact us with any concerns about healing (for example worsening pain or persistent oozing or development of pustules). If the above instructions are followed, most people generally have minimal discomfort past 1-2 days and recover quickly.

Type of treatment: **SUPERFICIAL** **DEEP** **MIXED (SUPERFICIAL/DEEP)**

For ***superficial*** treatment daily care:

- **Day 1:** Apply generous ointment (generally Aquaphor) to the treated area. No sunscreen. Do not cleanse the skin and we advise staying inside at home.
- **Day 2:** Use a gentle exfoliant. Start **vinegar sprays or soaks** (mix 1 tablespoon of white vinegar and 1 cup of distilled or bottled water). Spritz or use a cotton pad to apply and do this 2-3 times daily. Continue to moisturize the skin (Aquaphor or other thick emollient). Okay to use sunscreen.
- **Day 3:** Repeat Day 2.

For ***deep*** treatment daily care:

- **Day 1:** Apply a thick layer of Aquaphor and no cleansing or bandaging the skin. Take any pain medications as directed.
- **Day 2:** Rinse your face with water, then vinegar soak followed by generous Aquaphor (repeat this 3 times in a day; morning, midday and evening).
- **Day 3:** Repeat Day 2.
- **Day 4:** Now may start using a gentle cleanser. Continue vinegar soaks.
- **Day 5:** Continue gentle cleanser. A thicker emollient is okay now, or you also may continue Aquaphor. Okay to wear sunscreen.