



eCO2 Fractional Laser Resurfacing

Pre-Operative Instructions-eCO2 Plus Laser Resurfacing

- Read the consent form for laser resurfacing and eCO2 Plus procedure page
- Use Sunscreen and other forms of sun protection. Avoid extended sun exposure at least 10 days prior to the treatment.
- Avoid tanning lotions, self-bronzers, and tanning beds at least 10 days prior to the treatment.
- Stop use of any retinol and skincare products with active chemical exfoliants (BHAs/AHAs) such as salicylic or glycolic acid at least 10 days prior to the laser appointment.
- 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.
- **Do not wear any make-up or skin care products to the procedure. Come to the appointment with a clean face.**
- **Dress in layers with short sleeves underneath-you may feel warm after the treatment.**
- **Dressing in a button down shirt is helpful after you get home so that you do not have to pull a shirt over your face and neck.**
- **Bring a sun hat and sunglasses with you to the appointment for immediate use post-procedure.**

Supplies you need to buy prior to the procedure:

- Ice packs
- Acetaminophen (Extra-Strength Tylenol)
- Benadryl
- Aquafor squeezable tube
- White distilled vinegar
- Distilled water
- Hair bands to keep hair up
- Three packs of 4 x 4 guaze
- Water misting bottle
- Cerave or Cetaphil Cleanser

- Cerave intense moisturizer (as pictured below)

What to Expect after your treatment:

- Slight oozing may occur for the first days after the procedure. Crusting or scabbing of the skin may occur shortly after any oozing. If this occurs, do not pick the scabs (keep the area moisturized with aquafor (occlusive dressing)).
- Dry skin is usually reported at 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 the most common. Swelling usually resolves within a few days. Redness usually becomes faint by 1 month (and can be covered with make-up after cleared with your physician typically around 1 week). This really depends on skin type and the aggressiveness of the treatment.
- Itching may occur as the skin resurfaces, which occurs around 3-5 days post-procedure. Itching may last up to a week.

Post-Operative Instructions:

- **Post Procedure Day 1:**
 - Do not shower or bathe.
 - Keep the treated area covered with Aquafor
 - If any oozing, dab gently with clean 4X4 gauze if needed.
 - Ice packs may be applied ON-TOP of moistened gauze (using distilled water).
 - After icing, reapply Aquafor as needed.
 - 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, laying 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 using the protocol in the box below.

- 1) Wash hands thoroughly with soap, rinse and dry before vinegar soaks.
- 2) To make vinegar soaks add 2 tablespoons of white distilled vinegar to 16 oz of cold distilled water.
- 3) Place 5-10 gauzes inside a clean bowl and carefully add in vinegar solution until the gauzes are saturated.
- 4) Use the gauze to gently pat off oozing/bleeding/occlusive ointment on the treated area(s).
- 5) Use gentle pressure.
- 6) Once the face is clean, use fresh vinegar-soaked gauze and place them in contact with the treated areas of the skin for at least 5 minutes. Soak longer for areas with crusting.
- 7) Gently rinse the face with cool water and pat dry.
- 8) Always apply the occlusive ointment (Aquafor) over the entire treated area after the vinegar soaks.

- **Post-Procedure Day 2 and 3:**

- It is okay to shower on day 2. Use lukewarm water and avoid generating steam and avoid direct pressure to the treated areas.
- You may wash your face (use only fingertips and pat dry)
- DO NOT PICK ANY CRUSTING AREAS
- Decrease frequency of vinegar soaks to every 4 hours
- In addition to the vinegar soaks, cleanse the face in the morning and at night with Cetaphil and then apply the same regenerating skin nectar used prior to the appointment.
- Continue to apply Aquafor after each soak
- 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.
- **Post-Procedure Day 3-7:**
 - Continue to use the Cetaphil or Cerave cleanse in AM and PM.
 - Decrease vinegar soaks to three times daily followed by Cerave moisturizer (see below for the type to buy).
- **Post-Procedure Day 8:**
 - Stop Vinegar Soaks
 - Apply Cerave moisturizer as needed (for dry or flaky skin)
 - Apply mineral sunscreen in AM
 - Can apply mineral make-up on top of the sunscreen (mineral make-up ensures you maintain clear pores, and allows your skin to breathe and heal properly over time).
 - Continue to minimize skin exposure for 2 weeks (wear sunscreen and a hat if go outside).

