

## CO2 Laser Resurfacing Post Care Treatment Instructions

It is important to follow your providers instructions after treatment. Please read and follow **ALL** directions. Keep **ALL** follow up appointments so your provider can assess how the treatment is progressing. Close follow-up helps Dr. Jaggi catch and correct potential complications early.

**If you are prescribed Celebrex – AVOID taking any Advil or Ibuprofen.**

The treated area will be discolored as it heals. You will experience redness, swelling and sensitivity. **Expect your skin to feel rough and have crusting and weeping for an average of 4-5 days, sometimes longer.** Redness may last for a couple of weeks.

### **POST TREATMENT INSTRUCTIONS:**

#### **FIRST 72 HOURS (3 days) post laser:**

- Continue taking all medications as directed by Dr. Jaggi
- Pain should subside within 24 hours
- Keep your head elevated by using two pillows when lying down
- Gently cleanse the skin twice a day with SkinCeuticals cleanser. (Massage 1 pump to wet face and neck, cleanse for a minimum of 60 seconds and rinse). Do NOT scrub.
- Apply a cold compress (wash cloth soaked in ice water) for 20 minutes EVERY 2 hours for swelling and discomfort.
- Apply Repair post treatment serum to entire face twice daily
- Cover treated areas with Aquaphor EVERY 2 hours AFTER cold compress, and at least 10 minutes after repair serum
- Periodically spray treated area with cold water

#### **Day 4-10 post laser:**

- Gently cleanse the skin twice a day with SkinCeuticals cleanser.
- Continue with cold compress (wash cloth soaked in ice water) for 20 minutes as needed for discomfort and swelling
- Continue to keep treated areas covered with Aquaphor
- Continue to use repair serum twice daily
- Once your skin has healed and there is no more open areas/scabbing noted – you can start using the SkinCeuticals Physical Fusion UV Defense SPF 50 prior to sun exposure.
- You may resume light exercise (walking, yoga, etc.) 7 days post treatment.

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- Periodically light spray treated area with cold water for comfort.

### **What to avoid (MINIMUM 4 weeks post laser):**

- Sun exposure / tanning beds/ tanning creams
- Retinol
- Make up
- Swimming/hot tubs
- Sweating

### **Showering:**

You are allowed to shower, do not use any soap on the treated areas. The steam should help loosen any crusting. Avoid getting shampoo, conditioner and soap on the treated area. Once you are done, pat your face dry and reapply Aquaphor.

### **Bedtime:**

To protect your face and decrease swelling it is best to sleep on your back with your head elevated. You can roll up two towels and put them on either side of your face to prevent you from rolling over at night.

### **Important Information:**

After the first couple of days, the skin is still in its healing stages, and you may notice the following side effects. A pink or red appearance; this is normal and reflects the healing process. Some patients notice new visible blood vessels. The skin may itch, feel tight, and be more prone to developing a rash. You may temporarily be more prone to developing acne or small cysts. Some patients may develop lighter or darker skin color in the treated area.

### **Follow up appointments:**

**Day 1 – in person** with Dr. Jaggi and nurse

**Day 3 – in person** with Dr. Jaggi and nurse

**Day 7 – in person** with Dr. Jaggi and nurse

You will be followed closely and we will assist you with transitioning back into a normal skincare routine.

**Contact the clinic if you develop any of the following:**



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- Excess swelling
- Severe pain, uncontrolled by pain medication
- Signs of infection (redness, discharge, fever, chills)

**\*You will be given an emergency contact number upon discharge\***