



Treatment Instructions for Fractionated CO2 Laser

Disclaimer: You are not a candidate if you are pregnant, breast feeding or have open sores in the treatment area.

Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
- Do NOT use the following products 5 days prior or 5 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider). Darker skin types may need to start a topical bleaching cream 4 weeks prior to treatment.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
- Avoid Botox at least 1 week prior and 1 week after treatment.
- Avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.
- **Consider taking Arnica tablets 1 week prior to treatment to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

- Apply cool compresses, every hour for 10 minutes while awake, for 24-48 hours post procedure (i.e. wash cloth soaked in ice water, ice packs, frozen gel mask).

- Avoid alcohol and excess salt the first 24 hours to reduce swelling.
- Sleep on your back with your head elevated for the first night to decrease swelling.
- Apply your Post Treatment Recovery Complex lotion 2-4 times a day, or as needed, for at least 5 days after treatment.
- Apply your ComplexCity sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
- The next day cleanse the treated area with your Rose Hip Seed Cleanser with tepid warm water. Apply cleanser to fingertips and cleanse skin in a gentle motion. Do not use a washcloth, exfoliant, or scrub the scabs off.

What To Expect:

- Swelling can last 4-6 days and longer in rare cases. Swelling will appear worse the second day post treatment.
- Slight redness can remain up to 1 week, and longer in rare cases.
- The skin will flake and feel dry as a normal result of this procedure. This should resolve within 1 week and longer in rare cases. Apply your Post-Treatment Recovery Complex as needed. If dryness persists, you may also apply Aquaphor, if you are not prone to breakouts.

Excessive scabbing, pain or pustules should be reported to the office right away