



### **CO2 laser Post-treatment Instructions:**

- Avoid showering on the face and neck for 48 hours after the procedure. You can bathe. Please do not apply any water pressure directly on the treated area(s).
- Wash your hands every time before you touch treated areas. Hand washing is the most important thing you can do to prevent infection.
- Sleep on 2 or 3 pillows at night, lying on your back if possible, to reduce swelling and promote healing for 2-3 days.
- Take ANTI-VIRAL medication as prescribed.
- A soft diet for the first 24 hours is recommended. Please avoid salt and alcohol and increase your fluid intake.
- Avoid strenuous exercise for 7 days. Walking or light exercise is allowed.
- Avoid direct sun exposure. Remember, UVA light can pass through your house and car windows.

### **Contact us if you experience any one of the following:**

- Severe pain that is not relieved by Tylenol
- Signs of infection: heavy white to yellow drainage in treated areas, foul odor from drainage, a fever of 100.4°F or above, extreme tenderness and hot to touch, severe itching or tingling.
- What you may experience after the procedure: Redness and swelling are common. While swelling usually resolves within one week, redness usually becomes very faint by one month, but may last up to 6 months.

### **Management:**

- Cool pack may be used on the treatment area for the first 2 days post procedure. It is okay to apply ice after applying Aquaphor or healing ointment which should be applied frequently for the first few days. After the first 2 days, you may continue applying ice where needed once every 6 hours.
- ZO Astringent Powder should be used starting the following day. Defenage products may be started approximately 7 days after the procedure. Consult the marked card with the products.
- Oral anti-histamine (such as Benadryl or Claritin) taken at bedtime may reduce inflammation and irritation.
- Please increase water intake and reduce consumption of salt.
- Please stay in an upright position as much as possible.
- Mineral makeup may be used 7 days post procedure.