

GUELPH | FACIAL PLASTICS

- Skin care after Comprehensive CO2 laser resurfacing -

ONE WEEK AFTER TREATMENT

You can expect your skin to be red but mostly healed. You may still have a few areas with scabs or slightly open skin.

If you have any small areas that are scabbed, raw/open, or still healing:

- Keep the healing skin clean with your vinegar/water mix or with saline
- Apply a thin layer of Aquaphor ointment or *Alastin Soothe and Protect* over the areas that are still healing
- Repeat this cleaning twice a day, or more as needed

On skin that is healed:

- Twice a day, either cleanse with *Vivier Hexam* cleanser if you can work around the healing spots, or continue the vinegar/water mix to clean your skin
- Follow your cleanse with applying *Oxygenetix Moisturizer*

*Wear wide brimmed hats and stay out of the sun until your skin is fully healed and able to tolerate SPF

If your skin is healed with no open areas:

- Morning and night, cleanse your skin with *Vivier Hexam* cleanser
- Follow cleanse with *Vivier SPF 30* in the morning
- Follow with *Oxygenetix Moisturizer* at nighttime

ONE MONTH AFTER TREATMENT

You can expect your skin to be back to its normal tone in some areas, you may still have areas of skin that are pink

Active ingredients may resume. Contact Gigi to arrange a skincare consultation if you are unsure of what products to include in your routine. Retinol, Vitamin C, and exfoliants, are examples of what should be included in your routine to maintain results from CO2 resurfacing.

Sun precautions

For 6 months following CO2 resurfacing it is extremely important to keep your skin protected from the sun. Wide brimmed hats, staying in the shade, and using SPF when your skin can tolerate it, is recommended. If outside during peak hours of sun, reapply SPF every two hours. If you do not take sun precautions, you are at risk of hyperpigmentation or brown spots.

Makeup

The only foundation that you are permitted to use while your skin is healing is *Oxygenetix foundation*. *Oxygenetix foundation* is formulated for use after resurfacing treatments. Gigi can assist you in finding your right shade.