



Pre & Post Care Instructions – Tetra Deka CO₂ Laser

Pre-Care (2–4 Weeks Before Treatment)

- Avoid **all sun exposure and tanning**, including tanning beds and self-tanners, for at least 2–4 weeks prior. *Recently tanned or sunburned skin cannot be treated.*
 - Discontinue **retinoids, glycolic acid, salicylic acid, and other exfoliating products** on the treatment area at least 72 hours before treatment.
 - Stop any **photosensitizing medications** (unless otherwise directed by your provider) at least 7 days before treatment.
 - Avoid **chemical peels, microneedling, waxing, or other resurfacing treatments** in the planned treatment area.
 - Begin **daily sunscreen use** if not already part of your routine.
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Post-Care

- Use **only** post-care products provided by **Lorena Luca Med + Spa**. *Do not use drugstore or over-the-counter products.*
- Avoid **Advil, Aspirin, and other NSAIDs**; only **Tylenol** (acetaminophen) is recommended for discomfort.
- To reduce swelling, **sleep with the treated area elevated**.
- The following morning, you may **gently cleanse** with **ZO Gentle Cleanser** and **cool/cold water**.
- Expect **swelling and a mild sunburn-like sensation** for 1–5 days after treatment. This is normal.
- Limit **alcohol consumption** for 72 hours post-treatment to minimize complications.
- Between **days 3–7**, your skin will feel like **sandpaper** as it exfoliates naturally. **Do not scrub, rub, or pick.**
 - **Face/Neck:** flaking typically resolves in 5–7 days.
 - **Chest:** flaking may last 7–10 days.
- Wear **broad-spectrum SPF** at all times when outdoors and avoid direct sun exposure for at least 4 weeks.
- Avoid **sauna, steam room, hot yoga, or hot tubs** for 7 days post-treatment.
- Change **pillowcases daily** for the first week. *Silk or satin pillowcases are recommended.*

✨ **Important Reminder:** Healing times may vary based on individual skin type and treatment intensity. Always follow provider guidance for best results.
