



Instructions For Fractional CO2 Laser Skin Resurfacing

Before Your CO2 Laser Treatment

- Four to six (4-6) weeks prior to your treatment: Avoid heavy direct sunlight exposure. Wear SPF 30+ when outdoors at all times.
- Purchase a tube of Aquaphor from the pharmacy.
- One night before: Start antiviral medication. Beforehand, obtain and fill a prescription for antiviral medications and take the first pill the night before. Take Famciclovir – 500 mg two times a day for 10 days.

After Your CO2 Laser Treatment

- Ice/Cool Compresses: You can apply ice or cold compresses to the treated area for no more than 20 minutes continuously and then 10 minutes off. You can repeat that cycle as needed.
- Medications: If needed, you may take Tylenol for pain or Benadryl for itching. Follow the manufacturer's directions.
- 2 hours after the treatment: Apply a light coat of Aquaphor. Apply a light coat 4 times per day, for a total of 7 days. You need only to keep the skin moist, not coated too thickly. **DO NOT SCRATCH, PICK OR RUB THE SKIN VIGOROUSLY.**
- Skin Cleanser: For 7 days, wash the treated area with a gentle cleanser (Cerave or Cetaphil)
- Pinpoint Bleeding: Do not be alarmed if you experience "pin-point" bleeding, this is normal. Gently blot your face, **BUT DO NOT RUB YOUR SKIN UNDER ANY CIRCUMSTANCES.**
- Swelling and Redness: Patients fall into a spectrum of swelling and redness over the next 5-7 days. Some patients experience a mild sunburn like effect, while others can have significant swelling, redness, and itching – depending on your skin type. Grid marks on the face are a result of the laser fractionation and also resolve over 5-7 days. This is all to be expected and on average resolves after 5-7 days.
- Showering and Skin Care: In the morning, you should shower as normal, but use tepid water rather than hot. Avoid scrubbing the area for 72 hours. You can hand wash the treated area with mild soap during this time. Even after 72 hours, you should clean the area **GENTLY.**
- Makeup/Sunscreen: **DO NOT** apply makeup to the treated area until you are reevaluated by the office or put any other creams or lotions on the skin unless given to you by the office. This includes sunscreen, moisturizers, and perfume.
- Exercise: No exercise, gym, or other strenuous activity for at least 4 days.
- Avoid sun exposure for at least 4-6 weeks after your procedure.

Return to the Office: 5-7 days after treatment for a post-procedure visit.

- After the first week you can resume most activity other than **SUN EXPOSURE.** You can apply makeup and sunscreens as needed.
- Beginning 3 weeks after treatment, you can apply Retin-A and other Glycolic containing agents as before.
- Do not undergo waxing, microdermabrasions, or light peels over the area for 3 months from the day of treatment.

Please call our office if you have any questions before or after the procedure: 914-339-6050