



POST-OPERATIVE INSTRUCTIONS

Fractional CO2 Laser Resurfacing & Chemical Peel

Hand washing is the most important thing you can do to prevent infection. **Wash your hands every time before you touch the treated area.** Please finish all oral medications as prescribed. Please be cautious about sun exposure and do not expose your skin to the sun. If you will be outside, we suggest that you use a mineral based sunscreen to protect your skin in addition to hats and sunglasses to mechanically block the sun.

Post Procedure Day 1:

- Do not wash your face or neck for the first 24 hours after the procedure. You can bathe from the neck down, but please do not apply any water pressure directly on the treated areas.
- Apply a layer of Alastin Regenerating Nectar to your face followed by a thin layer of Skinceuticals Hydrabalm. Try to maintain a thin layer of Skinceuticals Hydrabalm on your face at all times for the first few days.
- Avoid direct sun and heat.

Post Procedure Day 2:

- You may begin to use water and a gentle cleanser to wash your face in the morning and evening. Rinse your face with water, pat or very gently rub with Alastin Cleansing Cream, rinse your face with water again and pat the skin dry.
- Apply a layer of Alastin Regenerating Nectar to your face followed by a thin layer of Skinceuticals Hydrabalm.
- Continue to avoid direct sun and heat, and if you must go outside, please apply Alastin Mineral Sunscreen.

Post Procedure Day 4-10:

- Once most of the skin has peeled off and re-epithelialized (usually on 4-5th day post procedure), we recommend that you continue to use the Alastin Regenerating Nectar twice a day but switch the Skinceutical Hydrabalm out for the Alastin Light Moisturizer.
- We expect you to be fully re-epithelialized by the 9th or 10th day after laser treatment. Once you are fully peeled, you may use mineral-based makeup and cover-up as needed.
- You may be prescribed a topical steroid lotion to help alleviate redness or skin breakouts following your laser treatment. We suggest that you mix a small amount of the steroid with an equal amount of the gentle moisturizer and apply it to your skin twice daily.

Post Procedure Day 10 and beyond

- We advise that you do not use any “active” skin care products (retinoids, exfoliators, acid serums or washes, L-ascorbic acid serum) for at least 4-6 weeks following your laser treatment. If you have specific questions regarding products, please discuss them with Dr. Alemi or his clinical staff prior to resuming use.