

CO2 post op instructions

General Expectations:

- Avoid direct sunlight
- Keep skin moist and cool to aid healing
- Redness and a sunburn-type sensation normally lasts several hours
- Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel)

Day of treatment:

- Keep treated areas covered with topical antibiotic ointment as instructed by physician
- May take prescribed pain medication or over the counter Tylenol
- Avoid direct sunlight and excessive heat
- Begin washing face with tepid water and gentle cleanser. You may take tepid shower/wash hair

Day 1: (First day after treatment)

- Apply the vinegar soaks and ointment to the resurfaced areas every two hours while awake. Vinegar soak recipe: Mix 1 tablespoon of distilled white vinegar with 1 cup of chilled water. Use a sterile gauze to apply the solution to the resurfaced skin. Dry the skin using a clean gauze.
- Apply Bacitracin ointment over the resurfaced areas once daily.

Day 2 -3

- Swelling should subside and skin may bronze, peeling may begin
- Continue vinegar soaks & ointment
- Continue washing face with gentle cleanser and tepid water
- AVOID picking and/or scratching

Day 3 - 7

- Facial skin should begin peeling
- Continue washing face with gentle cleanser (e.g. cetaphil) and distilled water
- Itching may persist; take oral Benadryl at bedtime
- Continue applying vinegar soaks & ointment for comfort; transition to gentle lotion (e.g. cetaphil as soon as it does not burn) and non-irritating SPF 50+

One Week to Two Months:

- Avoid any skin products that contain acids or Retinol/Retin A