

## Post-Operative Instructions: Fractional CO2 Laser Resurfacing

### General Expectations:

- Avoid direct sunlight and keep skin moist and cool to aid in healing.
- Stay hydrated, eat healthy foods and avoid alcohol.
- Avoid any vigorous exercise for 2 weeks.
- Neck redness is more persistent and will usually last several days longer than face redness.
- Avoid excessive heat such as saunas and hot showers for 2 weeks.
- It is normal to experience itching as your skin heals. Benadryl at night and Claritin or Allegra during the day will help suppress the urges.
- In severe cases use 1% hydrocortisone cream to control the itching.
- For discomfort you can take Advil, Tylenol or prescription pain medication.
- **Please NO picking and/or scratching the treated areas.**

### Day of Treatment:

- Apply cooling compresses (bag of peas, wet towels, etc.)
- May take an analgesic (Ibuprofen, Acetaminophen or prescription pain medication) for discomfort.
- Keep treated areas covered with topical ointment (With balm or Nectar)

### First Night:

- Sleep with head slightly elevated.
- Place towel over your pillow to protect from ointment or other balms. They are greasy.

### Day 1 (First Day After Treatment):

- Avoid direct sunlight and excessive heat (E.G., hot showers, saunas).
- Cold compresses will help aid in discomfort.
- May take pain medication (Tylenol, Advil or prescription pain medication).
- Begin washing face 2 times a day. You can use a gentle cleanser or vinegar water solution of 6 cups water and 1/8 cup of white vinegar. Apply mixture as a cold compress.
- May take a shower but avoid hot water.

- Reapply the balm or nectar to treated area. Ensure the skin remains constantly moist.

Day 2:

- Swelling may begin to subside and skin may bronze and feel gritty.
- Itching (particularly along the jaw line) may begin on this day.
- Continue applying ointment and cool compresses if needed.
- Continue washing with cleanser or vinegar water solution very gently.
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied. AVOID picking and/or scratching.

Day 4-7:

- Itching will begin to subside.
- Continue to wash the area twice a day and keep it moist. (do not pick the treated areas).
- Use non-irritating sunscreen SPF 30+ with Zinc Oxide and/or Titanium Dioxide when going outside.
- If treated, the neck area will be more sensitive to clothing.

Day 7-28:

- You may start regular skincare program once the skin is fully healed.
- You may apply makeup when the skin has fully healed.
- No Exfoliation.
- Continue appropriate moisturizing until skin has hydrated back to its normal level (3-4 weeks).
- Continue applying sunscreen.
- Avoid exposure to excessive sun.
- You may return to typical fitness routines.
- The new skin will appear pink and fade in time.