



### **Pre and Post-Treatment Instructions For CO2RE Laser**

Just a reminder your appointment will be scheduled for 2 hours. If you take any sedative medications, you will need someone to pick you up at the end of the treatment. **Please review all the following information carefully and make sure all your questions are answered.**

#### **Things you can do before the appointment**

- Make sure to use freshly washed linens and pillowcases. You may want a disposable pad or soft, clean towel to protect your sheets.
- Arrange for any extra help during the first few days after the procedure.
- Ideally pets will need accommodations if they sleep in your bed. This is for the day of the procedure and the first 3 days after. Having pets close to your skin will increase the risk of infection.
- Avoid any prolonged sun exposure 1 month prior to the treatment. You should not have a sunburn or significant tan. If you must be in the sun, use a Zinc based SPF of at least 30+, and re-apply throughout the day. Avoid midday sun and wear a hat and glasses.
- You will need to limit outdoor activities such as yard work, soil, plants, and flowers 1-week post-treatment.

#### **2 weeks prior to treatment**

- Avoid smoking 2 weeks before and after treatment.
- **HYDRATE-** We recommend that for 2 weeks prior to your appointment, you moisturize your skin both morning and night. Also, drink at least 8 glasses of water per day to optimize treatment results.
- If you have a history of active acne, you may be given an antibiotic medication to minimize the risk of bacterial infections.
- Do not use an alcohol-based cleanser on the skin as this can be drying.
- Avoid any artificial tanning products or sprays in the treatment area.
- If you have been given a prescription for hydroquinone this can be started 2 weeks before the appointment and applied twice a day.

#### **1 week prior to the treatment**

- Topical retinoid/clinical products should be discontinued 1 week prior to treatment. This includes retinol, retin-A, retinal, tretinoin, glycolic, hydroxy acids, and anti-aging products.
- Discontinue the use of aspirin or other nonsteroidal anti-inflammatory medications such as Motrin, ibuprofen, Aleve, or naproxen. You may take Tylenol (acetaminophen) for discomfort.
- Discontinue Vit E, omega 3, and fish oil; make sure to let the office know if you are taking any other supplements or vitamins.
- Make sure you have your post-procedure products and supplies at home.

#### **3 days prior to the procedure**

- Start taking your antiviral medication as prescribed. Acyclovir 400mg twice a day. If you have a history of cold sores increased to three times a day for a full 10 days.
- Avoid shaving, laser hair removal, electrolysis, waxing, threading, or the use of depilatory creams in the treatment area.

#### **Day of the Procedure**

- You **MUST** arrive at the office for your procedure with a clean face. No makeup, lotions, powders, or body oils can be present on the skin as they will interact with the laser. If you show up to the office with face makeup you may be asked to reschedule the appointment.
- Please remove any contact lenses and pull your hair back and away from your face.
- Wear loose-fitting comfortable clothing.
- Bring a large hat to protect your skin when you exit the office.
- Do not use any flammable hair products such as hairspray on the day of treatment.
- For male patients: treatment in hair-bearing areas may result in some damage to the follicles and subsequent loss of hair. If hair loss is not desired the beard area should not be treated.
- Take all medications as instructed and make sure to eat prior to the procedure.
- Protective eyewear will be worn by the patient and all personnel in the treatment room during the procedure.
- A smoke evacuator will be used to remove any smoke or debris from the air.
- Your provider may opt to use additional cooling methods such as cool compress, gel packs, or facial masks for up to 10 mins after treatment.
- No one other than the patient will be admitted to the treatment room for safety reasons.
- For pain relief a numbing cream will be provided in the office. If you are worried about pain management talk to your provider about prescription medications or anti-anxiety medications.

#### **Day 1-3 post procedure**

- The treatment area should be cared for delicately until healing is complete. Care should be taken to prevent additional trauma to the skin for the first 7 days following treatment.
- Hand washing is the most important thing you can do to prevent infection. Wash your hands with antibacterial soap every time before you touch the treatment area.
- Special care should be taken to make sure your skin is kept clean to prevent infection. You should sleep on clean sheets and a fresh pillowcase every night. No dogs or animals should sleep in the bed with you. Glasses should be cleansed with alcohol prior to putting on the face. Nothing "dirty" should touch the skin of the face.
- Avoid hot water, strenuous exercise, hot tubs, or swimming pools.
- Any physical exercise that causes perspiration should be avoided for 3 days post-treatment. This will reduce tissue disruption and the risk of infection and discomfort.
- You can shower normally but avoid direct contact with the spraying water and the face. Remember when bathing to treat the skin gently, and avoid scrubbing or trauma to the treated area, as if you had a sunburn. Gently cleaning the area is important to prevent infection.
- Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however, for more aggressive treatments this may last longer. Slight to moderate edema (swelling) & a mild to moderate sunburn sensation are also common post-treatment and may last 1-3 days. Swelling can peak at the 2–3-day mark depending on the depth of the laser treatment.
- Keep your head elevated as much as possible to reduce swelling.

- For itching you can take Benadryl 25mg at night during the first 48 hours.
- You can take Tylenol 500mg, every 6 hours (not to exceed 3000mg/24hrs) for any discomfort.
- A new cold sore during the healing phase is considered an emergency. You should already be taking medication prior to treatment if you are prone to outbreaks. If you get a cold sore contact our office immediately.

### **Product Application**

- Do not use any facial cleanser on the day of the treatment. Use only vinegar soaks and the products outlined below. You can wash your face with the Alastin Cleanser in your kit 24 hours after the procedure.
- Immediately after the treatment 2 products will be applied to the face. The Alastin Skin Nectar and a topical emollient/ointment Alastin Soothe and Protect Recovery Balm. These 2 products will be continually applied to the treatment area, no bandages or wraps are necessary.
- Skin Nectar and Recovery Balm should be continued to be applied multiple times a day for a minimum of 3 days and up to 7-10 days. The skin should maintain a slippery layer of ointment until healed.
- Vinegar soaks should be applied every 3-4 hrs for the first 1-3 days post-treatment  
 Instructions for vinegar soak are on the last page of the instructions. Focus on the areas with any crusting or bleeding. Gently dab the area and do not rub or scrub. After the vinegar soak application, the area should be patted dry and Alastin Skin Nectar and Alastin Soothe and Protect Recovery Balm should be re-applied to the skin. The treatment area should be kept moist until healing occurs.

### **Remainder of the week 1**

- Remember to finish all prescribed oral medications as directed.
- After the second-day skin will appear with an exaggerated tan. Skin will begin to flake at 5-7 days on the face/neck, 7-10 days on the chest, and 10-14 days on the hands. Do not pick or forcefully remove any of the crust.
- The skin should be kept clean to avoid an infection. You should continue to wash the skin gently 3 times a day with the Alastin Cleanser.
- Taper off vinegar soaks and continue Skin Nectar and Recovery Balm applied multiple times a day for a minimum of 3 days and up to 7-10 days. The skin should maintain a slippery layer of ointment until healed.

### **Week 2-4 Post Treatment**

- Continue the Alastin Skin Nectar to help facilitate healing and enhance results, until redness is gone. Apply twice a day to support the skin's natural healing process.
- Continue Alastin Cleanser and can switch to Skinceuticals Gentle Cleanser
- **AVOID** sun exposure for 2 weeks post-treatment, this will reduce the chance of unwanted hyperpigmentation. Tanning of any sort is not allowed in the treatment area.
- Use a Skinceuticals Physical or Sheer Fusion zinc oxide or Alastin SPF and continued post-treatment
- Makeup is not recommended until the skin is fully healed (usually days 10-14). The removal of makeup can disrupt the skin and increase the chance of infection. Heavy liquid foundations may cause issues clogging pores.
- If any product is causing redness or irritation, stop and contact the office

## 1 month Post Treatment

- Continue to practice strict sun protection. Medical grade SPF should be used daily
- Collegan will build for up to 9 months post-treatment. Patients will continue to see results 3-6 months post treatment.
- Chemical peels/Hydrafacials/Diamond Glow/Dermaplaning facials are highly recommended every 3 months to enhance your results. Our staff will make sure you have a customized care plan.
- You can start back your regular skincare routine 4-6 weeks post-treatment. **DO NOT NEGLECT SKINCARE PRODUCTS!** We cannot stress enough how important it is to maintain your investment in your skin. Our staff will customize a plan for you. But the main elements include:

Mineral-Based Medical SPF  
Antioxidant/Vitamin C  
Discoloration Defense  
Retinol or Glycolic  
TNS Serum  
Triple Lipid Moisturizer

### **What you might experience after the procedure:**

1. **Pain/Heat/Discomfort:** The sharp, burning sensation of each laser pulse may produce a moderate to severe amount of discomfort. Topical anesthetics and medications may be used to block the pain during the procedure. Heat can linger post-treatment as this is self-limiting within the first few days.
2. **Swelling and Oozing:** Areas that are most likely to swell include around the eyes and neck. A clear fluid may be present in the lasered area and may create a crust (or scab) if the area is not kept moist. Within 2 days, you may appear to have an exaggerated tan with slight micro-crusting that may last as long as 2 weeks. It is recommended that a healing ointment be kept on the skin during this period. Please refer to the post instructions for detailed instructions.
3. **Dry skin and sloughing** are usually experienced 2-7 days post-procedure. The skin will need 48hrs to fully close the wound created by the laser. The recommended products will help with this process.
4. **Prolonged Skin Redness:** The laser-treated areas will initially appear bright red in color. After the skin is healed, the redness can be camouflaged with makeup. The redness will fade to pink over the following couple of weeks, and normal skin color over the next couple of months.
4. **Skin Darkening (Hyper-pigmentation):** "tanning" of the skin can occur in the treated areas and will eventually fade within a few months. This reaction is more common in patients with olive or dark skin tones and can worsen if the laser-treated area is exposed to the sun.
5. **Skin Lightening (Hypo-pigmentation):** Light spots can appear in an area of skin that has already received prior treatment or can be a delayed response to the laser resurfacing. The pale areas can darken or re-pigment in several months but could be permanent.
6. **Scarring:** The risk of this complication is minimal, but it can occur whenever the skin's surface is disrupted. Strict adherence to all post-procedure instructions will reduce the possibility of this occurrence.
7. **Infection:** A skin infection in the post-procedure period can result. This risk is minimized by the appropriate use of antibiotics and good skincare, including frequent hand washing.
8. **Allergic reaction:** It is possible that an allergic reaction to an anesthetic, topical cream or oral medication can occur.
9. **Ectropion:** In rare instances, a downward pull of the eyelids can result after peri-orbital laser resurfacing.

10. **Acne or Milia formulation:** Flare-up acne or formation of milia can occur in the post-procedure period.

11. **Non-Responsive** to laser treatment: Your skin condition may not be corrected or may worsen.

**Please call the office if you experience any of the following:**

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911.

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Oozing beyond 48hrs or shallow ulcers
- Excessive redness, swelling, bleeding, and/or scab formation
- Excessive itching, especially when accompanied by signs of an infection
- Signs of infection- the white or yellowish film on the treatment area, with or without four odors.  
Temperature above 100.4

If you have any questions, please contact the office. I cannot wait to see you in the office soon for your laser appointment.

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## Vinegar Soak Instructions

### Supplies needed:

Dry Gauze  
A clean plastic/glass Tupperware container  
Measuring spoon  
16oz bottled water (not tap water)  
5% white distilled vinegar

### Steps:

- Remove 2 tablespoons of vinegar from the bottle of water (making room for vinegar)
- Add 2 tablespoons of vinegar to the bottle of water
- Shake gently to mix
- Mark the bottle and place it in the fridge
- Place 10-20 gauze pads inside the clean container. Sanitize after every use.
- Carefully add vinegar water until all pads are saturated

### To Apply:

- Remove any oozing or bleeding with the gauze, with very gentle pressure- DO NOT PICK
- Lay the gauze on the skin to keep the solution in contact with the skin for 5-10 minutes
- Pat dry
- Alastin Nectar should be applied to freshly cleaned skin at least twice a day (AM and PM)
- Alastin soothe and protect should be applied after Nectar

### Timing:

- Day 1 – up to every 2-3 hours. This is for your comfort. No need to wake up in the middle of the night to soak
- Day 2- every 3-4 hours
- Day 3- three times a day
- Day 4- Taper to twice a day
- 1 week- Stop vinegar soaks