



Co2 Laser Skin Resurfacing Pre and Post-Care Instructions TETRA and COOL PEEL

Pre-Care Instructions: Getting The Skin Ready

Contraindications:

No Accutane use in the past one year period. Any history of vitiligo, scleroderma, lupus, any conditions triggered by the sun or heat, collagen disorders, radiation treatment to the treatment area(s), psoriasis, scarring, keloids, or pregnancy. We absolutely cannot apply treatment over sunburned, actively infected, open, raw or irritated skin.

Pre-Care Instructions:

Notify our front desk by phone at 203-699-6772 if you have a history of cold sores (herpes infections) for a prescription for anti-viral medication at least 72 hours before your scheduled treatment. You will be instructed to start the medication the night before the treatment and will continue taking it for 6-7 days after your treatment. Please let us know no less than 24 hours prior to your treatment if you have any open facial sores, or any other type of infection as it may require rescheduling your treatment.

Unless included with a package purchase, prescription numbing cream is not included with this treatment. The customer is responsible to obtain this prescription (at the customer's expense) prior to the treatment. We recommend using a topical numbing cream made up of 23% lidocaine and 7% tetracaine in a pracasil silicone cream base. This medication needs to be compounded to a higher strength, which isn't sold at big chain pharmacies because it is custom made. A prescription can be called into any compounding pharmacy of your choice or you can purchase it from us.

Please notify the laser provider if you have tattoos or permanent makeup in the intended treatment area(s) prior to starting treatment.

Sun and UV lamp exposure should be avoided for one month prior to treatment for full face CO2 laser or 2 weeks for CO2 laser around eye area. Do not come in for your treatment with a sunburn in the intended treatment area(s) because we cannot safely laser over sunburned skin. You will be charged a cancellation fee of \$250 and/or the deposit will be forfeited if we do not receive at least 48 hours notice to cancel your appointment due to sunburn.

Stainless steel ocular shields may be inserted for safety measures when the area around the eyes is treated. Please remove contact lenses prior to your arrival.

Fill your prescription and begin taking the antiviral (Valtrex or other) the day before the procedure. Bring one tablet of any over-the-counter antihistamine to take 1 hour before the procedure (suggested). If you have a long ride home, bring a cooler of ice for afterwards.

Purchase a bottle of white vinegar for vinegar soaks. Also purchase small cotton washcloths and wash them in unscented, powder detergent using an extra rinse cycle. Do not use fabric softener or dryer sheets on anything that will come in contact with your face or hands. This includes bed sheets, pillowcases, washcloths, and towels.



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Stop all prescription or over the counter retinoids, retinols or any other antiaging products and/or bleaching creams at least 5 days before your treatment.

Avoid waxing for 1 week before and 4-8 weeks after treatment.

Morning of the procedure

Arrive on time for your laser treatment with freshly cleaned skin. Female patients should not wear any makeup / mascara, creams, toners, lotions, powders or perfumes on or around the areas to be treated. Male patients should shave the morning of their treatment.

Do not wear contact lenses during your treatment if your face is the intended treatment area. If needed, bring your eyeglasses. Eat a solid meal. Dress in comfortable clothes with a loose fitting, low cut shirt if treating the face, chest or neck areas. If you have long hair, wear in back in a ponytail away from face and neck.

Medication Protocol:

- 1) Valtrex (valcyclovir) – 1 gram tablets every 12 hours starting day before procedure. This medication is only if you have a history of cold sores.
- 2) Numbing Cream 1 hour before a treatment

Numbing cream is applied to the treatment area(s) until glistening and shiny, one hour before the treatment appointment time and again 30 minutes before the treatment time. Ask for our numbing instruction literature from the front desk if you have not already received it.

Immediate Post-Care: Heat Sensation and Swelling

You will have a “hot” or sun-burned feeling for the first few hours after treatment and the cold packs help greatly. After that, most patients do not usually experience any discomfort, although rarely you can continue to have a tight, swollen, flushed or sun-burned sensation for up to 12 hours. Ice is your best friend, you cannot ice too much!! More aggressive treatments may have more discomfort, heat and swelling, although for a few people with a strong inflammatory response, even the lightest settings can produce the same.

Place ice packs or cold compresses on the skin immediately after treatment (you may use ice in a ziplock bag or iced wash clothes for the next few days) and as many times as needed for heat, swelling and any minimal discomfort if present. The ice packs may be put inside a clean pillowcase and then on the skin if it is too cold to directly place on the skin.

If swelling or itching is present, in addition to ice compresses you can take any over the counter antihistamines such as 25-50 mg of Benadryl at night (sedating) or Allegra (fexofenadine) 180mg once a day (nonsedating) to help. If swelling is severe (rare), a



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prescription for oral steroids can be called in for you (at your expense). During the first few nights it may be helpful to reduce swelling by sleeping on your back, with a few pillows to elevate your head. Additionally, Advil (ibuprofen) 400 mg every 4-6 hours or Aleve (naproxen) 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling (if you have no medical reason to avoid them).

FIRST 12-72 HOURS Post-Care: Keep Skin Clean, Protected and Moist

You can gently wash your face every 6 hours while awake beginning the first day of your CO2 laser treatment, using luke-warm or cool water and any gentle cleanser only. Let the cleanser take off any debris gently with your fingertips while washing. Do not rub, scratch, scrub or wash aggressively with your fingers or a wash cloth. Do not use anything abrasive or exfoliating on the treated area(s) such as a loofah, facial brush, Clarisonic or ultrasonic cleaners, sponge or any other soap applicator for at least 4 weeks after treatment. Do not use hot water, anti-aging or aggressive washes or cleansers for at least 4 weeks after treatment, or when your skin feels like it is completely healed and back to its baseline condition. You may shower that night or the next day and wash hair but avoid excessively hot water for at least 3 days.

We recommend vinegar soaks several times a day for the first 72 hours. They help with itching, clean the skin, help prevent infections and help the pigment/skin shedding / sloughing process. Mix two tablespoons of white vinegar with 2 cups of cold water. Then soak a wash cloth in the solution and press against the treated area(s) with the cloth for 10-20 minutes. Avoid eye exposures. You can rinse off the vinegar solution with clean cool or luke-warm water.

After washing, apply any gentle ointment or noncomedogenic cream (Cerave, Cetaphil, Vanicream, Vaseline, Aquaphor or other similar) with clean hands as often as necessary to keep a thin layer on constantly for at least the first 72 hours. We sell gentle cleansers and moisturizers at DermAesthetics, but you can also purchase mild cleansers from Cerave, Basis, Eucerin, Vanicream or Cetaphil brands at any grocery store or pharmacy, products that you would generally apply to a newborn baby's skin.

Some people can develop little pustules or pimples the first 24-72 hours. If these develop, please do not touch them or try to pop them because you can cause infection and scarring possibly! It's also not uncommon to experience flare-up of acne or formations of milia (tiny white bumps on the skin) 2-3 weeks later. You can call us to request a topical antibiotic (at your expense) or for an appointment to come in and let us extract them professionally (no charge, but based on availability).

Your skin will go from pink to dark pink and become dry with fine flaking over the next 3-7 days. The degree of pink depends on the aggressiveness of the treatment as well as your inflammatory response. The laser delivers energy into the skin in the shape of a square or rectangle generally. Your skin will possibly have little pink/red square or grid

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marks from overlapped areas and other areas that look like they have been skipped over or untreated. This is expected as there is no way to ensure 100% coverage as much as we try to be thorough as possible. It is normal for your skin to have lighter and darker areas as it heals. The skin will likely heal unevenly, with the eyes, mouth, chest, neck and hand areas taking longer to heal.

Clean mineral makeup or mineral tinted sunscreen can be applied over the treated areas after 48 hours (for Cool Peel, not Tetra). If you received a more aggressive Tetra CO2 treatment, do not apply make up until the skin has completely healed and is no longer dry (7-10 days). Eye makeup may be worn after 36 hours if eyelid swelling is not present or may be resumed after the swelling has resolved. Do not use contaminated or dirty/used makeup brushes, sponges or other reusable make up applicators when applying makeup, use only single use, clean, disposable applicators for the first 2 weeks.

AFTER 72 HOURS Post-Care: Continue to keep Skin Clean, Protected and Moist

Do not rub, scratch or pick at your skin as it begins to get dry and flaky. NO use of scrubs, anti-aging products, acne products, retinoids, acids, exfoliation, micro-dermabrasions, chemical peels, micro-needling or any other exfoliative or anti-aging treatments for at least 4 weeks.

Protect your investment!! No unprotected sun exposure until all pinkness is gone and then for at least 4 weeks after that (preferably forever), as it can cause permanent scarring and pigmentation changes. Wear a physical mineral only sunblock containing only zinc and/or titanium, beginning the next day after treatment. Reapply every 60-90 minutes when outside and use large-brimmed hats when able.

NO waxing of the treated area for at least 4 weeks after treatment.

Just to reiterate: Redness and swelling WILL HAPPEN! For a few it may be moderate to severe. Depending on your body's inflammatory response, your eyelids could swell almost to the point of closure and this can happen even with the lowest settings. Remember it is normal to look worse DAYS 2-3 after the procedure! However, if blistering, extreme redness and swelling, sign of burns, ulcers, infection, smell, or anything you are concerned about occurs, notify DermAesthetics immediately.

Abnormal Healing: If you notice any blisters, burns, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us immediately.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact DermAesthetics by phone (203) 699-6772 or email info@ctderma.com

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Thank you for your business!

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