

## CO<sub>2</sub>RE PRE + POST PROCEDURE PATIENT INSTRUCTIONS

### PRE TREATMENT PROCEDURE

- Hydrate – we recommend that for seven days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- You may be provided an antiviral prophylaxis 1 day prior to the procedure if you are undergoing a deeper procedure, or have a history of Herpes Simplex to avoid outbreak.
- Topical retinoid therapy should be discontinued 3–4 days prior to treatment.
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.
- Remove all substances from the intended treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products and ointments. Do not use flammable products in the vicinity of the laser.
- Do not use an alcohol based cleanser as this removes moisture from the skin.

### SUPPLIES YOU WILL NEED AT HOME

**White distilled vinegar**  
**Aquaphor or A&D Ointment**  
**Gauze pads 4x4 inch**  
**SPF 30+**

### POST-PROCEDURE CARE

- Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) for 3–5 days, however for more aggressive treatments this may last longer (5–7 days). Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1–3 days. After the third day, skin will appear as an exaggerated tan. Skin will begin to flake at 5–7 days on the face and neck; 7–10 days for the chest; and 10–14 for the hands.
- Your provider may opt to use additional cooling methods such as cool compresses, gel packs or facial mask for up to 10 minutes after treatment. Vinegar soaks may be applied to the face after the treatment.
- Before you leave, a topical ointment (like Aquaphor or A&D Ointment) may be applied to the face, no bandages or wraps are necessary. You will need to apply the ointment to the face for 5–7 days to protect the skin and allow it to heal properly. The ointment should be applied as a moderately thick layer.
- Your provider may prescribe the use of vinegar soaks to be applied 3–5 times a day for the first few days. Mix 1 cap of vinegar in 1 cup of water, then soak gauze in the solution. Apply to face as directed.
- After 7 days, or with the permission of your provider, you may resume the use of your usual skin care products.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area, as if you had sunburn.
- Do NOT expose your skin to the sun for several weeks post treatment. Doing so will cause hyperpigmentation (darker pigmentation).
- The use of a zinc oxide sun block SPF 30+ at all times throughout the course of treatment is recommended.
- Multiple treatments (3 or more) over a period of several months may be required to achieve the desired response. You may notice immediate as well as longer term improvements in your skin.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**