



## Post-Care Instructions for CO2 Laser

Post-Here's a more detailed breakdown:

### 1. Cleansing:

- Gently cleanse the skin with cool water and a mild, fragrance-free cleanser, such as a Gentle Cleanser.
- Avoid scrubbing or using harsh exfoliants or cleansing tools.
- Pat the skin dry gently.

### 2. Moisturizing:

- Apply a thin layer of a recommended moisturizer (e.g., Aquaphor, Vaseline, Alastin Regenerating Skin Nectar) to keep the skin hydrated and flexible.
- Apply moisturizer 3-4 times daily or more as needed, especially if the skin feels dry.

### 3. Sun Protection:

- Avoid direct sunlight or tanning beds.
- If sun exposure is unavoidable, wear protective clothing and a wide-brimmed hat.
- Apply a broad-spectrum sunscreen on day five.

#### 4. Avoiding Irritants:

- Avoid activities that increase body temperature, such as saunas, hot tubs, or strenuous exercise.
- Refrain from using makeup or other skincare products (especially those with active ingredients like retinoids or salicylic acid) until the skin is completely healed, usually within 2-3 weeks.
- Avoid picking, scratching, or exfoliating the skin.

#### 5. Other Important Considerations:

- Sleep with your head elevated on pillows to reduce swelling.
- Stay hydrated by drinking plenty of water.
- Clean the rims of glasses (or sunglasses) frequently with alcohol.
- If experiencing pain or discomfort, you can take over-the-counter pain relievers like acetaminophen (Tylenol) or ibuprofen (Advil).
- Consult with your healthcare provider if you have any questions or concerns about your aftercare or notice any unusual symptoms.
- Here's how vinegar soaks (24 hours after laser) are typically used after CO2 laser treatment:
  - **1. Preparation:**
    - Mix a solution of 1 tablespoon of white vinegar to 1 cup of clean, cool water.
  - **2. Soaking:**
    - Soak gauze or a clean cloth in the solution and apply it to the treated area for 20-30 minutes.
  - **3. Frequency:**
    - Soaks are usually recommended multiple times a day, 4-6 times daily for the first few days.
  - During this time, you may be instructed to apply Aquaphor ointment liberally to the uncovered areas.

#### Important Reminders:

- **Do not pick at or remove any crusts or scabs.** They will fall off on their own as the skin heals.
- **Avoid rubbing or scrubbing the treated skin.** This can disrupt the healing process.
- **Be patient.** Healing time varies depending on the intensity of the laser treatment and individual factors, but it can take several weeks or even months for the skin to fully recover.

By following these guidelines, you can help ensure a smooth and successful recovery after your CO2 laser treatment.