

Pre- and Post-Procedure Instructions – CO2 Laser

PRETREATMENT INSTRUCTIONS

- 1 **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.
- 2 You may be provided an antiviral prophylaxis 3-4 days prior to the procedure if you are undergoing a deeper peel, or have a history of Herpes Simplex to avoid outbreak.
- 3 Avoid all irritant products for 3-4 days prior to treatment, including retinoids, retinol, benzoyl peroxide and hydroquinone.
- 4 Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.
- 5 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.
- 6 Do not use an alcohol based cleanser as this removes moisture from the skin.

INTRAOPERATIVE CARE

- 1 Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.
- 2 A smoke evacuator will be used to remove any smoke or debris from the air.
- 3 Test spot areas may be performed to gauge appropriate endpoints and optimum treatment parameters, followed by a two week observation period to assess results.

POSTTREATMENT CARE

- 1 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) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. After the second 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
- 2 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.
- 3 Before discharge a topical ointment (like Aquaphor) may be applied to the face, no bandages or wraps are necessary.
- 4 For more aggressive treatments, your provider may prescribe the use of vinegar soaks to be applied multiple times a day.



- 5 You provider will inform you when you may resume the use of your usual skin care products.
- 6 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.
- 7 **Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).**
- 8 The use of a zinc oxide sun block SPF 30+ at all times throughout the course of treatment is recommended.
- 9 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.

Call SOMA Skin & Laser at 973-763-7546 with any questions or concerns.