

Deep CO2 Days 1-5

Post-Care Instructions

Your compliance with these home care instructions will affect the outcome of your procedure.

- A burning sensation on the skin is normal and may last 30 minutes to several hours after treatment.
- You may shower with your back to the water. Keep your skin away from excessive heat.
- You may cleanse with a gentle cleanser (Cerave'® or Cetaphil®) using finger pads only. Do not pick.
- Apply cool gel packs as needed for comfort and swelling.
- Apply the cool vinegar compress every 2-3 hours for 10-15 minutes while you are awake.
 - Mix 1 teaspoon of white vinegar with 1 cup of cool water and apply to face with a soft towel. (If this causes burning or stinging, dilute mixture with an additional cup of cool water.)
- Reapply Aquaphor® as needed. You will keep a thick layer of Aquaphor® on your skin until it is done peeling. This usually occurs by day 2-5.
- Sleep with your head elevated. This will help reduce swelling and discomfort.
- Limit activity level until all redness has completely resolved.
- Hydration is key! Drink at least 6-8 glasses of water every day.
- Avoid any sun exposure.

Day 4/5 until done peeling:

- Continue cool vinegar soaks every 4-6 hours.
- Switch to a lighter moisturizer (SunDara Intensive Recovery Cream). Reapply often.
- Continue to use Aquaphor in any areas that are still raw and scabbed.
- Sleep with your head elevated. This will help reduce swelling.
- Limit activity level until all redness has completely resolved.

Once done peeling (re-epithelialization is complete and skin is smooth and pink):

- Discontinue soaks and Aquaphor®.
- Continue to use SunDara Intensive Recovery Cream or CeraVé® Moisturizer.

- OK to use a mineral make-up.
- Use sunblock daily. Must be a minimum SPF of 30+.
 - We recommend SunDara SPF 30 Medium Tint Sunblock or iS Clinical ECLIPSE 50+ in beige, with micronized titanium dioxide and zinc oxide
- Your skin is still healing beneath the surface, treat it gently. Do not resume Retin-A and hydroquinone or other active products until instructed.
- Schedule your one-week follow-up appointment, and one month follow-up appointment.

3-6 Months:

- Avoid sun exposure. Apply sunblock daily and often. Wear a hat to protect your investment.
- Collagen formation peaks but continues for up to 1 year!
- Schedule your 3-month follow-up appointment for photos and a Dermaplane exfoliation (\$95) is recommended.

For a medical emergency please call 911. If you have any questions or concerns, please call our office at 970-242-8177

Laser Technician _____