

CO₂ Aftercare Instructions

What to Expect Post Treatment

- Immediately following the treatment you may experience a sunburn-like sensation along with some discomfort and tenderness for 2-7 days.
- Pinpoint bleeding may occur immediately after with a clinical endpoint of redness and swelling which will last 7-14 days.
- After the second day, skin may darken and appear as an exaggerated tan which can take up to 90 days to fade.
- Within 3-7 days expect the skin to scab over where the laser created an injury. At this time you may stop using vinegar soaks and resume a normal skincare routine using only gentle and hydrating products for 2-4 weeks post treatment.
- Be patient: results will begin to be noticed after the healing process which takes from 90 days to 6 months on the face and up to 6 months on the body.

How to Care For Your Skin

- For the first 3 nights try to sleep upright and on your back if possible.
- You may wash your face gently using your fingertips with room temperature water.
- Vinegar soaks are made using 1 gallon of distilled water and 1 cup of white distilled vinegar. Both items must be brand new. Take 1 cup of distilled water from the jug and replace it with 1 cup of white vinegar. This mixture can be applied to the skin three or more times a day for a duration of five or more minutes followed by the application of vaseline or a topical OTC antibiotic ointment of your choice such as neosporin or polysporin. Always apply with clean hands.
- Use vinegar soaks for a minimum of 3 days or until fully scabbed.
- Besides vaseline or ointment, no other products should be used with the exception of SPF 30 or higher which must be applied over your ointment if going outside. The product must be new.
*Continue this until pinpoint scabbing completely sloughs off, at that time you may resume your regular skin care routine.

What to Avoid

- Avoid any heat to the skin for up to 5-7 days such as hot showers, hot tubs, saunas, steam rooms, hot yoga, and vigorous exercise to reduce the chance of hyperpigmentation (darker pigmentation).
- Avoid makeup application for a minimum of 7 days.
- Avoid picking or scratching the treated skin to achieve your best results.
- Avoid direct sun exposure and tanning beds throughout the treatment course so as to reduce the chance of adverse reactions like hyperpigmentation or hypopigmentation.