

CO₂ Aftercare Instructions

Day 0-3 Post Treatment

- You can ice the area as long as needed to provide comfort. After icing, apply a thin layer of vaseline with clean hands.
- 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 with a clinical endpoint of redness and swelling which can last up to 7-14 days. You may experience clear/yellow drainage which is normal.
- For the first 3 nights try to sleep upright and on your back if possible to reduce swelling.
- If you cannot sleep on your back, make sure to change your pillowcase every night for at least the first three days.
- Vinegar compresses may be recommended by your technician. Our clinic will provide you with wipes to use for several days post-treatment. **However, you will need to procure one gallon of distilled water and white vinegar on your own.** Pour out 1 cup of distilled water from the jug and replace it with 1 cup of white vinegar. Do NOT begin vinegar compresses until 24 hours post treatment.
 - a. How to use: Wash hands. Using a clean cloth each time, soak the cloth in the vinegar solution. Gently press the wet cloth onto your face for 30 seconds. Rewet the cloth, wring it out slightly and press again. Repeat this process for 5 minutes. Compresses should be applied to the skin a minimum of three times per day. When drying the skin, pat dry and do not rub and immediately follow with a thin layer of vaseline.
- Avoid any heat to the skin such as hot showers, hot tubs, saunas, steam rooms, hot yoga, and vigorous exercise.
- After the second day, skin may darken or appear as an exaggerated tan.

Day 4-10 Post Treatment

- You may notice pinpoint scabbing that resembles dark dots forming. I
- At this time you may stop using vinegar compresses.
- Some people experience itching during the healing process. You can use OTC hydrocortisone cream to relieve the itchiness. No picking or scratching at the skin.
- Besides vaseline or hydrocortisone, no other products should be used with the exception of SPF 30 or higher which must be applied over your vaseline if going outside. If you wear SPF you may use a mild cleanser at night, but make sure to reapply vaseline immediately after.

- Avoid hot tubs, saunas, steam rooms, hot yoga, and vigorous exercise.

Day 10+ Post Treatment

- Once the sloughing stops you may resume a gentle skin care routine.
- Makeup can be used at this point.
- Continue to wear sunscreen and avoid direct sun exposure for a minimum of six weeks.
- Retin-A and other active skincare can be used 4-8 weeks post treatment.
- In 4 weeks you can continue with hydroquinone if needed.
- Be patient: The healing process can take a long time. Results will begin to be noticed after 4 weeks but can take up to 6 months depending on the area of the body treated. Redness may last for up to 3 months or more post treatment. If needed, treatments and/or topicals may be recommended to reduce lingering redness.