



## **Post-Procedure Requirements**

### **CO2 Ablative Laser without PRP**

- **Your results** from this procedure are dependent upon reading and following these post-procedure requirements.
- **Maintain a healthy lifestyle** that includes rest and a well-balanced, low sodium diet (increase green leafy vegetables & eat protein; essentials for healing and collagen production). Smoking, alcohol, drugs and stress may decrease efficacy of the CO2 laser treatment.
- **Your skin should improve daily.**
- **Please call Harmony Skin & Wellness Clinic (970-282-8266) immediately if any of the following occur:**
  - Signs of infection including: continued redness, swelling, heat, red streaks, any draining or oozing, an elevated temperature greater than 100.5 degrees
  - An increase in pain or continued pain 1-2 days post-procedure
  - Any irritation or a burning sensation after applying any product
  - An increase in skin redness or an itchy rash
  - A cold sore outbreak
  - Any post-procedure concerns
- You may take ibuprofen 400-600mg or acetaminophen immediately following your appointment as directed by Physician/Laser Technician. Take this medication on a full stomach. Discomfort should abate within 24 hours
- **Do not wash the treated skin for the first 24 hours. Use ice packs or cool compress every two hours for 20 minutes maximum for swelling and discomfort. It is not mandatory to ice if you are not experiencing discomfort. Cover the treated area with Aquaphor every two hours for the first 24 hours post treatment.**
- **To minimize swelling** avoid sodium and elevate your head by using two or more pillows when lying down. Sleep on your back for the first few nights. **Stay hydrated by increasing fluid intake.**
- **Complete** all medications as prescribed.
- Your skin may feel sensitive and may have a red, pigmented and swollen appearance depending on the depth of treatment. You may experience pin point bleeding and oozing during the first 24-48 hours. The treated area may also itch. General swelling may last up to 7 days and redness may be present for up to 3 weeks.
- **Avoid** the use of harsh, stringent, and/or abrasive products in the treated area until the skin is healed. Topical irritants include Retin-A, Hydroquinone, Benzyl Peroxide or astringents.
- **Avoid any trauma to the skin** for up to 2-7 days, such as bathing with a very hot water, strenuous exercise, or massage. Do not swim, use hot tubs, saunas, or steam rooms while redness is present or for the first week. (Over)
- **Avoid intentional skin tanning or excessive sun exposure following the procedure.**
- **Daily use of SPF 50+ sunscreen is required** to protect and prevent hyperpigmentation of the skin.

- **Wear a brimmed hat when in direct sunlight for at least the first two weeks following your CO2.**
  - **Avoid** waxing or bleaching for the first four weeks post treatment. Avoid tweezing or shaving for five to seven days post treatment.
  - Once you feel comfortable and healed, a normal skin care regime may be resumed 2 weeks post treatment. You may begin using makeup 1 week post treatment. Make sure water is not too hot when shaving.
  - Injections of Botox, Dysport, Dermal Filler and treatments such as Microderms/HydraFacials may be resumed six-eight weeks post treatment. Harvest injections may be done 6-8 weeks post treatment.
  - No facial lasers until eight weeks post treatment.
  - **Keep all follow up appointments**, so your Physician/Laser Technician can assess how the treatment is progressing. Schedule your follow up appointment for two weeks after your CO2 treatment.
  - Refer to the **Daily Instructions - Post CO2 without Harvest** for Day by Day skin care
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