

CO₂RE[®] - Fractionated CO₂ Skin Resurfacing System

- Post Care Instructions -

Following your CO₂RE[®] treatment, it is essential that you do the following:

- 1. Cleanse your freshly treated skin using ONLY lukewarm or cool water during the initial 12 hours following treatment.**
- 2. Following the initial 12 hour period, cleanse you face daily with a gentle cleanser.**
 - When choosing a gentle cleanser, make sure the product does not contain any of the irritating ingredients or chemicals listed in these instructions (see *Avoid These* below).
- 3. Apply a cool, water soaked cloth to your skin or use a water mister to calm any stinging, redness or irritation.**
 - This may be done as often as necessary - throughout the day and evening hours for periods of 5 to 10 minutes.
 - Do not rub or scrub your skin.
- 4. Apply vinegar soaks to your skin 3 times daily.**
 - Mix 1 teaspoon of vinegar and 1 cup of water.
 - Soak gauze, cotton pads or a soft cloth in the solution.
 - Gently apply soaks to the skin for a period of 5 to 10 minutes.
- 5. Immediately following the application of vinegar soaks (see above), apply Aquaphor to the treated area(s).**
 - The use of Aquaphor following vinegar soaks is essential to maintaining moisture in the skin as you heal.
- 6. Stay hydrated in the days following your treatment making sure to drink healthy amounts of water.**
 - Proper hydration following the CO₂RE[®] treatment is vital to the healing process.

Avoid touching your face or other treated areas.

If you absolutely must touch a treated area, make sure your hands are clean to avoid contaminating your healing skin.

CONTACT THE OFFICE IMMEDIATELY

For anything that does not feel normal, including any blister formation(s), fever, chills, or any “hot” feelings to specific areas of your skin, within 2 to 3 days following your CO₂RE treatment.

(610) 525-3677 or frontdesk@skincredible.com

GENERAL INFO

Following your CO₂RE[®] treatment, your skin will feel warm to touch and sting similar to a bad sunburn. You may also experience swelling. ***This is normal.***

The stinging sensation, as well as the pink/ red coloration usually begins about 15 minutes following treatment and may last a few hours.

Most swelling generally subsides within 12 to 24 hours following treatment, while any redness generally decreases and resolves over 48 to 72 hours. Your skin will then feel somewhat dry and rough and may appear a bit darker for a period of 4 to 5 days.

For the week (7 days) following your laser treatment, you may use a moisturizing, medical grade cream designed specifically for laser treated skin. These creams aid in the healing process of your skin by locking in moisture, reducing the chance of any bacterial infection, as well as soothing and reducing redness and irritation. These products can be used 2-6 times per day, as needed. Some of these products have an oily feeling to them and are best suited for evening use.

After the initial 7-day period, you may return to your previous skin care regimen. We recommend that you begin a regimen that fits your lifestyle and can add to the improvement and appearance of your skin.

It is important to review and follow these Post-Treatment Instructions. The success of the treatment and the quality of the outcome depends, in large part, on the patient understanding and abiding by these instructions. If you have any questions or concerns, please feel free to ask your Skincredible provider.

PAIN AND SWELLING

- If the post treatment swelling of your skin is more than you anticipated, you may take aspirin, Advil, or Tylenol-type products to calm the skin. You may also use Benadryl oral tabs.*
- You may find it difficult to sleep due to the sensitivity of your lasered skin. Sleeping on three pillows will help to minimize swelling as well. Additionally, we urge you to avoid sleeping on your face as much as possible

*These medications may make you drowsy. Do not drive, drink alcohol or take other medications that are contraindicated with Benadryl or one of the other medications listed above. Do not take any of these products if you have an allergy to or a known hypersensitivity to any of the components.

MAKE-UP

- Any make up application should be kept to a minimum to avoid disrupting the newly lasered skin.
- Avoid heavy foundations that must be rubbed on.

Mineral based face powder is the ONLY acceptable face make-up during the 5-7 days following treatment.

It can be applied with a powder brush & removed easily with a liquid cleanser.

Colorescience mineral SPF/ skin color is preferred over other mineral make-up(s) due to its high SPF 30 level and can be used as a make-up as well as a sunscreen.

Colorescience mineral powder comes in multiple tints, as well as a translucent for those who chose no color. This product can be purchased in our office and carries a seal of approval by the American Skin Cancer Association.

We also carry *Oxygenetix*, a gel-based oxygenating foundation formulated for post procedural sensitive skin. It promotes healing and keeps skin looking great during recovery.

*There are many mineral powder make-ups available for purchase. All are fine for use after laser treatment, but be sure to check the SPF coverage.

Most DO NOT contain a high enough protection factor for adequate care.

SUN PROTECTION

- **ZINC based sunscreen *MUST* be used at all times during any UV exposure to your treated skin. *** THIS IS AN ABSOLUTE MUST *****

Failure to do so may result in skin hyper-pigmentation, uneven sloughing, and additional skin damage due to UV penetration to the freshly treated skin.

This includes the *Colorescience* mineral powder SPF as well as lotion and cream moisturizers which contain a SPF 30 and are available for purchase at our office.

- **ALWAYS apply your sunscreen 20-30 minutes prior to exposure to ensure protection.**
 - ***Reapply every two hours*** - no matter what SPF you are using. The ingredients in many sunscreens breakdown at about the two-hour mark, leaving you unprotected. This is regardless of the SPF factor your sunscreen contains. Apply evenly to all areas of exposure.

A large brimmed hat is also highly recommended ANYTIME you are outside.
This will ensure full protection against any UV exposure.

AVOID THESE

Following treatment, there are multiple activities, skin treatments and skin care products that you should avoid.

- **DO NOT apply any of the following to your skin:**

- | | |
|-----------------|------------------------------|
| ✓ glycolic | ✓ adapalene |
| ✓ alpha hydroxy | ✓ azelaic acid |
| ✓ beta hydroxy | ✓ benzoyl peroxide |
| ✓ tretinoin | ✓ exfoliating products |
| ✓ tazarotene | ✓ self-tanners to your skin. |

These products will irritate your skin and may induce hyperpigmentation or discoloration to your newly treated skin.

- **DO NOT pick, rub, or use a micro-exfoliator or schedule a facial or other aesthetician services for at least 7 days following your CO₂RE[®] treatment.**

- You do not want to remove dry, rough, dead skin faster than your body wants to. It is serving a purpose during healing and will slough off within the standard healing time of about 7 days.

Do not be concerned if your skin takes on a rough, patchy, darkened quality a few days after this treatment, ***this is normal and expected***. It will resolve on its own within 4 to 5 days.

You should continue to protect your skin during this time by using an appropriate sunscreen as well as a wide brimmed hat, gloves, and/or clothing that can protect your skin during this time.

- **DO NOT shave until any swelling has resolved, usually within the next 12-24 hours.**

- If available, we recommend using an electric razor for shaving during the 4 days following this period, so as not to irritate the treated skin surface.

- **DO NOT work out or perform heavy manual labor for 48 hours following treatment.**

- This is to avoid sweating. The increase in heart rate may cause your skin to become extremely flushed due to the increase in blood supply around the treated area.

- **DO NOT swim in chlorinated water or salt water for 7 days.**

- These environments have a different pH and can irritate your newly treated skin.

- **DO NOT plan any outdoor activities that expose your skin to direct sunlight or artificial UV rays.**

- While we always recommend that our patients avoid harmful and unnecessary exposure to sunlight, following your CO₂RE[®] treatment it is **essential** that you abide by this stipulation for a minimum of 7 days post-treatment.

- **DO NOT wax any area treated by laser for 10 days after your treatment.**