

## CO<sub>2</sub>RE - CO<sub>2</sub> Fractionated Skin Resurfacing

### Pre Care Instructions

CO<sub>2</sub> laser resurfacing is designed to perform “micro”ablation (epidermal removal) to your skin’s surface. Micro-ablation, or minimal resurfacing, is achieved through a process known as fractional photothermolysis. It is this “fractional thermolysis” process that allows your skin to be treated in “small pinpoint-like sections”. This process leaves your newly leased skin with untreated skin around the treatment sites that hasten the overall healing process. During any given laser session with the CO<sub>2</sub>RE laser, approximately 30-70% of your skin’s surface is actually being treated, depending on the aggressiveness of your treatment. If you looked at your skin closely, you would see a “net” like pattern, or what appears to resemble the pattern of a window screen or fabric netting. It is this 30-70% of treated skin with the pixilation that creates this “netting” pattern.

You can anticipate having some degree of redness to your skin, as well as inflammation within 15 minutes to 1 hours after your treatment. The amount of redness depends on your own genetic make up, as well as the aggressiveness of the treatment performed. Some people tend to become redder than others and some will experience a longer lasting redness. You can expect swelling for up to 12-24 hours, and redness from 3-4 hours up to 3 to 4 days. After the redness subsides, anticipate chapped or rough texture to the skin. This treated skin may darken a bit and slough off on its own within 5 to 7 days.

***We ask you to plan your laser treatment when you do NOT have any special engagements, vacations, or photo requirements within 7 - 10 days of your treatment.***

**The CO<sub>2</sub>RE laser treatment is indicated for the following:**

- ***Improvement of the skin’s surface*** - weathered, sun damaged, pigmented irregularities, wrinkles/fine lines superficial moles and actinic lesions;
- ***Scars*** - this includes acne scars of the face, neck, chest, back and arms.

You may be asked to begin using a “fading cream” on your skin depending on the melanin content of your skin type prior to and during your laser treatments. Research has shown that the use of such creams enhances the results of your laser treatments by participating in the overall reduction of discoloration, mottling, melasma and solar induced sunspots.

**If you have a history of cold sores, you MUST inform the office prior to any laser treatments** so that we may give you a prescription for an oral antiviral medication to be taken the day before, the day of and the day after your laser treatment. This is done to avoid any cold sore exacerbation that could occur due to your laser treatment.

**It is advisable to have Advil, Tylenol, aspirin, or a similar medication on hand for any inflammation you may develop. You may also want to have Benadryl tablets as well, which may aid in decreasing inflammation. Take ONLY if you are not allergic, and do not take if you are on other medications or have medical conditions that contraindicate their use.**

**Make sure you have all necessary items listed below PRIOR to your treatment:**

- Bring a hat that will shield your face from the sun (we recommend large brimmed). This is very important for your drive home.
- If your hands were treated, bring gloves so you do not expose them to sunlight following the treatment.
- If you are prescribed any medication for cold sores be sure to take as directed.
- If you absolutely must wear make-up, only Mineral powder make-up with a powder brush applicator, and apply lightly.
- Sunscreen - Color Science mineral SPF Powder (available for purchase in our office).
- Gentle cleanser is recommended. You will need this for the first two days and then each night for 5 to 7 nights.

***To ensure your laser treatment yields the best possible results, it is necessary that you follow the pre-laser as well as the post laser instructions completely.***

**Persons who should NOT have the CO<sub>2</sub>RE laser treatment performed include:**

- Individuals with a bacterial or viral infection - please make sure you inform us of any history of cold sores;
- Individuals with a recent history (<6-12 months) of Isotretinoin, Accutane, and/or Soriatane use prescriptions;
- Individuals with a history of Scleroderma or other connective tissue diseases as well as any autoimmune disorders;
- Individuals who have undergone extensive radiation therapy to the area to be treated;
- Individuals suffering from burns, bruising, allergic reactions, or other dermatitis type reactions on the area to be treated;
- Individuals with a recent history of moderate to deep chemical peeling <6 months; and,
- Individuals who cannot avoid direct UV exposure from the areas to be treated.

**It is extremely important that you inform us in advance of any condition that may be contraindicated to CO<sub>2</sub>Re treatment.**

**Failure to notify your provider prior to treatment of any listed contraindications could result in temporary and/or permanent damage to your skin.**

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If you have any questions or concerns following your Microneedling treatment, please feel free to reach out to your provider or the Skincredible staff.

**(610) 525-3677 or [frontdesk@skincredible.com](mailto:frontdesk@skincredible.com)**