



AESTHETICS

(425) 347-9999

CO2 LASER RESURFACING

Pre-treatment Instructions:

- Stop Retin A and alpha hydroxy acid products for 7 days prior to the procedure.
- Start Valtrex 24 hours prior to the procedure.
- Take your sedative medication one hour before arriving to the appointment and bring the remaining pill(s) with you to the appointment.
- Wear a button down shirt or tank top.
- Arrange for transportation to and from the office.
- Take your antibiotic as directed on the prescription bottle.

Post-treatment Instructions:

Follow these instructions for the first 7-10 days after your procedure:

- Begin vinegar soaks as soon as you arrive home and as often as needed. Mix one cup water with 2 teaspoons of distilled white vinegar. Keep the mixture covered and refrigerated so it will be cold when you use it.
- Starting one day after your procedure, cleanse your face with the cleanser provided. Do not use antibacterial or regular soap. You may apply the cleanser generously, then spread gently with a clean washcloth. Let water run over your face to rinse. Gently pat dry.
- Keep the area lubricated with the moisturizing ointment provided at all times. If your face was treated, sleeping on a towel or old pillowcase will help prevent staining of your fabric. Reapply the ointment during the night as necessary.
- If your face feels dry, spritz generously with water, pat skin, then reapply ointment to moisturize.
- Expose your skin to steam from the shower or bath as often as desired. This will hasten your recovery. Avoid rubbing the skin with a washcloth and do not pick off any crusting. Sleeping next to a humidifier will help hydrate your skin.
- As the skin heals it will become itchy. Be sure to keep your skin moisturized. If itching is intense or not relieved with lotion, call us immediately.
- After the skin has healed (7-10 days) you can begin a creamy moisturizer and a physical sun block with an SPF of 30 or higher.
- It is common to feel exhausted as your body begins the healing process, so rest, rest, rest.
- After 6 weeks you may resume your pre-laser skin care regimen, including Retin A.
- Do not wax, have facials, exfoliate or apply any chemical sunscreens or anti-aging creams until we see you at your follow up visit.

To achieve optimal results:

- Do not pick, rub, or force off skin.
- Avoid sun exposure. Wear sun protective clothing, sunglasses and hats as needed.
- Avoid strenuous exercise and sweating.
- Sleep on your back as much as possible.
- Do not wear makeup while your skin is healing.

Call if you develop a fever, chills or symptoms of cold sores or infection, or if any areas become sore or raised. Call us if you have any questions or concerns.