

CO₂ Fractional Laser Aftercare

You will experience a burning sensation on the skin that will last between 30 minutes and up to 3-4 hours following your treatment on the first day.

- 12 You may want to take a few days off of work. Treatment to the facial area will result in an appearance to a darker tan/sunburn for the first day. A fine scab will be formed by the skin. Do not be concerned, this promotes the healing process.
- 13 If you have discomfort following the treatment, take Tylenol.
- 14 Continue taking 1 antiviral medication twice per day until running out of medication.
- 15 Wash using a mild soap like Purpose, Neutrogena or a soap-free cleanser like Cetaphil.
- 16 After your face has been washed, apply Aquaphor Ointment to the treated sites and lips at least 4 times a day, or more frequently if tightness is noticed. Aquaphor can be purchased at your local drug store. (i.e. Walgreens) Avoid hot water. Your face should appear glistening all the time.
- 17 After 1-2 days the eschar skin will disappear and the skin will have a tanned look. At this point, makeup may be applied. Redness may persist for up to 3 days. On the 4th day or so your face will get darker and then near the 5th - 6th day peeling will occur. More intense treatments can take up to 7 days for recovery.
- 18 Eye Area: Treatment to the upper eye lids may result in swelling and create a slight squint. Redness may persist up to 3 days. Cleanse your eyes with cool water and dab or pat very lightly with a soft towel. Avoid hot water. Lubricating the eye with drops (i.e. artificial tears) will help to decrease the dryness of your eyes.
- 19 If the skin around the mouth is tight, minimize facial expressions, remember to lubricate with Aquaphor Ointment, as needed and use a straw to drink.
- 20 Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for 1 week after procedure. These activities may cause more swelling and pain on your face and slow down your recovery.
- 21 Sleep at a slightly elevated position. Using 2-3 pillows under your head & neck or sleep a few nights in a reclining chair.
- 22 A sunscreen of SPF 30 or higher should be applied every day. Use a hat and sunglasses. Your skin is extremely vulnerable to the sun after having a laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results
- 23 Ensure you schedule a follow-up appointment approximately 7 days from the date of your procedure.
- 24 Call the office immediately for problems of increased pain, fever, drainage of pus, signs of infection or bleeding.

Please do not hesitate to call our office if you have any questions or concerns regarding this treatment.