

# Bradley J. Abrams, D. O.

DERMATOLOGY AND DERMATOLOGIC SURGERY  
BOARD CERTIFIED



## CO<sub>2</sub> 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.

- 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.
- If you have discomfort following the treatment, take Tylenol.
- Wash using a mild soap like Purpose, Neutrogena or a soap-free cleanser like Cetaphil.
- 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.
- After 1-2 days the eschar/cecrotic 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 4<sup>th</sup> day or so your face will get darker and then near the 5<sup>th</sup>-6<sup>th</sup> day peeling will occur. More intense treatments can take up to 7 days for recovery.
- 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.
- 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.
- 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.
- Sleep at a slightly elevated position. Using 2-3 pillows under your head & neck or sleep a few nights in a reclining chair.
- Avoid sun exposure for at least six months. 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
- Ensure you schedule a follow-up appointment approximately 7 days from the date of your procedure.
- 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.*