



DAINES PLASTIC SURGERY

FRACTIONAL CO2 LASER (OFFICE)

PROVIDED BY OFFICE:

- *Cetaphil Lotion*
- *Cetaphil Cleanser*
- *Gauze*
- *Aquaphor*
- *Ice Mask*

SUPPLIES NEEDED:

- *White Vinegar*
- *Distilled Water*

PRE-TREATMENT CARE:

- Make sure you have breakfast the day of your procedure.
- Do not wear moisturizer, makeup, or sunscreen on the area of treatment.
- Bring all prescribed medications to your visit.
- Make arrangements to have a ride home from your visit.
You will be given a prescription for an antiviral medication.
- You will start this 2 days before the procedure.

POST-TREATMENT CARE:

- For the first 3 days, starting on the day of the procedure, soak your skin gently 3 times a day with a mixture of ½ tablespoon white vinegar to 1 cup of water.
- Dip the gauze into the mixture and place on your skin for 30 seconds and repeat until the full face has been soaked.
- Make a fresh solution for every application to keep it clean. You may also keep the solution in the refrigerator to make the treatment more soothing.
- Rinse the vinegar solution off with distilled water. Gently pat your skin dry.
- Generously apply Aquaphor or Vaseline or White Petroleum to your skin after you finish cleansing.
- On the fourth day, you can reduce the number of times you wash your face to 2 times a day and should switch from white vinegar to Cetaphil cleanser.
- Apply Cetaphil moisturizing lotion after cleaning the skin with Cetaphil cleanser.
- Spot treats any dry or raw areas with Aquaphor.
- If you experience any burning, pain, or excessive redness after using these products, notify the office.
- You will experience small areas of bleeding and itching as your skin heals.
- You will have swelling that will improve over several days. You can use ice packs to help with the swelling.
- Advil or Tylenol can be taken for pain and Benadryl for itching.
- Avoid sun exposure for several weeks after the treatment.
- Make-up can be worn once the skin stops peeling, usually within 7 days.
- You will be seen at approximately **one week** to check on your healing and will be given further instructions about sunscreen and makeup.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US.