



ADVANCED AESTHETICS

Advanced Techniques, Beautiful Results

CO2 POST CARE INSTRUCTIONS

Day Before Treatment:

- Prepare large container (i.e.gallon-size) of vinegar and water mixture (1 cup water, 2 tsp vinegar), cover and refrigerate to use cold following your laser procedure.
- Have plenty clean washcloths or hand-size towels available for vinegar and water soaks following your treatment.
- Divide frozen peas into individual sandwich-size baggies for use following your CO2.

_____ Morning time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
_____ Lunch time – take 1 Clindamycin tablet
_____ Dinner time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
_____ Bed time – take 1 Clindamycin tablet
take 1 Diflucan tablet

Day of Treatment:

- Follow all PRE-OP Instructions.
- **Take 2 Ativan, 2 Norco, and 1 Phenergan tablets 1 hour before your scheduled procedure.**
- As soon as you arrive home, begin vinegar and water soaks **2-3 times per hour** until bed time

_____ Morning time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
_____ Lunch time – take 1 Clindamycin tablet
_____ Dinner time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
take 1 Phenergan tablet (if necessary for nausea)
take 1-2 Norco tablets (if necessary for pain)
_____ Bed time – take 1 Clindamycin tablet

Day 1 Following Treatment:

- Continue vinegar and water soaks **2-3 times per hour** until bed time
- Follow “Laser Aftercare” instructions, using your CO2 Kit products as directed.

_____ Morning time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
take 1-2 Norco tablets if needed, or Tylenol, as directed, for pain
_____ Lunch time – take 1 Clindamycin tablet
_____ Dinner time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
take 1-2 Norco tablets if needed, or Tylenol, as directed, for pain
_____ Bed time – take 1 Clindamycin tablet

Day 2 Following Treatment:

- Use vinegar and water soaks as needed to soothe skin
- Follow “Laser Aftercare” instructions, using your CO2 Kit products, to cleanse skin twice daily.

_____ Morning time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
_____ Lunch time – take 1 Clindamycin tablet
_____ Dinner time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
_____ Bed time – take 1 Clindamycin tablet

Day 3 Following Treatment:

- Follow “Laser Aftercare” instructions, using your CO2 Kit products as directed.

_____ Morning time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets
_____ Lunch time – take 1 Clindamycin tablet
_____ Dinner time – take 1 Clindamycin tablet
take 2 *Valtrex* tablets – *should be last of these tablets*
_____ Bed time – take 1 Clindamycin tablet – *should be last of this tablet*



SMARTSKIN CO2 POST CARE

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.

- Begin vinegar soaks as soon as you arrive home and as often as needed (1 cup water mixed with 2 tsp vinegar. It is recommended that you prepare a large quantity – gal or more – the day before. Keep covered and refrigerated so that the mixture will be cold when you begin use. Replenish as needed).
- Use frozen peas (bagged in sandwich-size baggies) every two hours for 20 minutes maximum for swelling and discomfort.
- Every 2 hours cover the treated areas with *Recovery Balm*, from your CO2 kit. This will decrease the healing time and minimize discomfort such as itching.
- Periodically spritz the treated area with *Aminoplex Mist*, from your CO2 kit.
- Continue taking all medications as directed by your physician.
- If necessary, as directed by your physician take acetaminophen or pain reliever of physician's choice.
- After 24 hours, cleanse your skin twice a day using *Rinseable Azulene Cleanser*, from your CO2Kit. Avoid hot water. **Do not scrub treated area.**
- After your face has been washed, begin using your post CO2 Kit by applying the appropriate product to the treated sites and lips, as directed, at least 4 times a day, or more frequently, if tightness is noticed.
- 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 moisturize with *Recovery Balm*, 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.
- Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours.
- Once you feel comfortable and healed, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.
- Schedule an appointment following your procedure as soon as possible for 1 week check up.
- Call the office immediately if problems of increased pain, fever, drainage of pus, signs of infection or bleeding occur.

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



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SMARTSKIN CO2 PRE-TREATMENT INSTRUCTIONS

1. Please notify us of any history of diabetes, herpes, blood coagulation disorders, keloid or hypertrophic scarring.
2. For the one month prior to treatment, avoid sun exposure, as well as tanning beds and tanning creams. If you are tanned, you may not be treated. Use a sunscreen designed to protect against UVA and UVB rays with a 30+ SPF at all times and reapply as directed by the manufacturer. Sun exposure is defined as direct sun exposure without protection for ten or more minutes.
3. Discontinue the use of Retin-A or any retinol-type products at least 1 week prior to your treatment.
4. Discontinue the use of all exfoliating products, and glycolic and alpha-hydroxy acid products, 1 week prior to your treatment.
5. Wait at least one week after Botox injections before having a fractional CO2 laser treatment.
6. The most common reason for post treatment infection or acne eruption is caused by the use of products that have accumulated bacteria. *Thoroughly clean all your existing make-up brushes or purchase new brushes and application sponges prior to using following your laser treatment.* For your convenience, Advanced Aesthetics has many quality products available, especially designed for post-laser treatments.
7. Purchase your post-care CO2 kit at Advanced Aesthetics.
8. You should not wear any jewelry or contact lenses on your treatment day. Instead bring your eyeglasses.
9. On the day of your treatment, **please come to the office with clean skin (clean shaven if male). Your treatment area should be free of any makeup, creams, perfumes and lotions, except for your sunscreen.**
10. Comfortable clothes should be worn. If your face or neck is being treated, wear a button-down shirt.
11. **IMPORTANT:** Pick up your prescriptions at least two days prior to your treatment. You will begin three medications the day before your procedure.

PLEASE DO NOT HESITATE TO CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THIS TREATMENT.