



THE AESTHETIC CENTER

Dr. Nicole Langelier

CO₂ Laser Resurfacing After Care Instructions

Proper care of your lasered skin will promote healing and prevent complications, such as infection and pigment changes.

Please obtain these items prior to your procedure:

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| <input type="checkbox"/> Any medications or skin treatments recommended by your doctor | |
| <input type="checkbox"/> Plain Vaseline | <input type="checkbox"/> Paper towels (ViVa are great) |
| <input type="checkbox"/> Distilled Water | <input type="checkbox"/> Frozen peas |
| <input type="checkbox"/> Distilled White Vinegar | <input type="checkbox"/> Ziplock Bags |

Preparation

1 Month Before Laser

- Avoid sun exposure or tanning. Wear sunglasses, a hat, and SPF 40+ on your face daily.
- If your doctor recommended a pigment reducing cream, begin using it now.

1 Week Before Laser:

- Stop facial exfoliating products including scrubs, AHAs (glycolic acid), and BHAs (salicylic acid).
- Stop using products containing retinols.
- For full-face laser resurfacing, your doctor will prescribe Valtrex 1000mg once a day for 14 days, starting 3 days before treatment. If you feel a cold sore coming on two weeks before or after your laser, increase the dose to 1000mg twice a day and call your doctor.

Day 1-7

Ice packs followed by dilute vinegar soaks 5 times per day.

Ice Packs

- Apply ice packs for 20 minutes, 5 times per day (ex: wake-up, breakfast, lunch, dinner, bedtime). An easy and effective ice pack is a ziplock bag of frozen peas wrapped in a paper towel. Do not put ice directly on your skin. Ice soothes the skin, decreases itching, and helps prevent hyperpigmentation.

Dilute Vinegar Soaks and Vaseline

- Mix 1 teaspoon of distilled white vinegar in 1 cup of distilled water. Store this mixture in the refrigerator. Make fresh solution every day to keep it clean.
- Saturate a clean paper towel with the solution. Place the wet paper towel on the resurfaced skin and let it soak for 5 minutes. Use the paper towel to gently wipe away the old Vaseline and debris from the skin. The goal is to remove all the old ointment and any bacteria that is on the resurfaced skin. Do not scrub – only wipe away the debris that is able to be gently removed.
- Reapply a generous coating of protective Vaseline ointment.

PLEASE CALL THE OFFICE IF YOU EXPERIENCE:

- Worsening redness (beefy red or pink skin)
- Severe itching (mild and “slightly annoying” itching is common and normal)
- Blisters, pimples, or pustules on the resurfaced skin
- Any concerns indicating infection
- Fever greater than 100F.
- Any other concerns.

Day time phone: (804) 287-4229 (Monday-Thursday 8a-5p, Friday 8a-4p)

After-hours phone: (804)257-5116 (nights, holidays and weekends)