



## Fractional CO2 Laser: Pre and Post-Treatment Instructions

### Pre-Treatment

- No significant sun exposure, tanning bed, or spray tan for 4 weeks before treatment.
- No Accutane (Isotretinoin) use within the past 6 months.
- If you are prone to fever blisters/cold sores, you will need to take a prophylactic antiviral (Valtrex, Famvir, Acyclovir) the day before, of, and after treatment (up to several days post-treatment).
- Stop using Retin-A, salicylics and glycolics for 72 hours pre treatment.
- Arrive to Hela one hour prior to procedure appointment time for numbing preparation.
- Please bring an umbrella to use when you leave Hela post appointment to shield your face from the sun in rain/clouds/shine.

### Day 1 (Day of Treatment)

- Keep treated areas covered with topical ointment/cream (Egyptian Magic) as instructed by physician. Keep using the Egyptian Magic for a solid week (7 days).
- Apply cooling compresses (bag of frozen peas or wet paper towels frozen in a Ziploc bag) as needed.
- Note: do not apply ice directly to skin and do not use cloth towels as detergents, dyes, etc. may irritate skin.
- If desired, you may spray water mist on skin using distilled or spring water.
- May take an analgesic (Acetaminophen or Ibuprofen) for discomfort, if not contraindicated.
- An anti-inflammatory diet is recommended for 7 days post treatment to aid in the reduction of swelling.

### First Night

- Sleep on your back with your head elevated to reduce eyelid swelling. (Use 2 or more pillows)
- Place paper towel over pillow to protect from ointment/cream (or have a clean pillowcase that you don't mind getting ointment on).
- If experiencing irritation to the eye, may use an eye lubricant (Systane™).

### Day 2

- Sun burned appearance with a tight feeling.



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- Avoid direct sunlight exposure and excessive heat.
- Begin washing face as needed with tepid water and gentle cleanser such as Cetaphil.
- May take a tepid shower and wash hair.
- Re-apply ointment/cream to treated area as needed (ensure skin remains constantly moist)

### Day 3

- Swelling should subside and skin may bronze and feel gritty.
- Itching (particularly along the jaw-line) tends to begin on this day.
- Continue applying and reapplying ointment/cream to ensure skin remains constantly moist (and cool compresses, if needed).
- Continue washing face with gentle cleanser and tepid water.
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied.
- Avoid picking and/or scratching
- You may begin by doing vinegar soaks with 1 teaspoon of distilled white vinegar and 1 cup of distilled cold water. Dip a clean paper towel into the solution to gently wipe the entire face and then reapply ointment to moisturize the skin.

### Day 4

- Facial skin should begin peeling between days 3 and 5.
- Continue washing face with gentle cleanser and tepid water.
- Itching may persist.
- The central aspect of the face should begin to exfoliate today leaving behind soft pink tissue.
- Continue applying ointment/cream, especially on the sides of the face by the hairline to ensure skin remains constantly moist.

### Day 5-Day 7

- Itching has usually subsided.
- May start more aggressive washing with fingertips to promote further exfoliation (do not pick).
- If using an occlusive ointment, may transition to a cream and spot-treat drier areas that may still have some rough skin with occlusive ointment.



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- Use non-irritating sunblock SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside.
- If needed, may apply mineral make-up (powder).

### Day 8-Day 28

- Continue appropriate Egyptian Magic moisturizer until skin has hydrated back to its normal level (3-4 weeks).
- May start regular skin care program as long as treated area is healed (no exfoliation)
- Continue applying non-irritating sunblock (SPF 30+) and use mineral make-up (powder) to protect treated areas. (Do not use liquid foundation as it may clog pores and irritate new skin).
- Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas, umbrella is preferable initially so the hat doesn't touch skin on forehead).
- May return to exercise programs.

Please feel free to forward daily photo updates via text or email so we can monitor your healing progress.

If you have any questions or experience any side effects, please contact our office immediately. Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).