

PRE-TREATMENT CO2 LASER RESURFACING

2 weeks Before Procedure:

- Stop smoking now and until your skin has healed completely
- Stop tanning beds or prolonged sun exposure
- Stop all chemical peels, facial waxing, microdermabrasion
- Stop all facial injections (fillers and neuromodulators) to the area

1 week Before Procedure:

- Stop all aspirin and NSAIDS (Ibuprofen, Motrin, Aleve, Advil, etc.), Vit E, Fish Oil or other supplements that thin the blood. If you are on a blood thinner (Plavix, Eliquis, Coumadin), then you must consult your primary physician first
- Stop Retin-A and all Retinol products, glycolic, salicylic, alpha-hydroxy or lactic acids
- Stop all scrubs or exfoliation products
- Start OTC Arnica if you tend to bruise
- Make sure you have purchased a Gentle Cleanser and Soothing Ointment

Day Before Procedure:

- Prepare a large container (gallon or quart size) of vinegar and water mixture. Cover and refrigerate to use cold following your laser procedure. Mix a 1:1 ratio: one cup of water to one teaspoon of white vinegar.
- Have plenty of clean washcloths available or cotton gauze for the soaks

** If history of cold sores, alert provider to start anti-viral prescription before treatment

**No treatment if pregnant or breastfeeding

**No treatment if use of Accutane within past 12 months

**No treatment if extreme breakout or wound occurs



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cosmetic surgery

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POST-TREATMENT CO2 LASER RESURFACING

Day of Procedure:

- As soon as you arrive home, begin vinegar and water compresses 2-3 times per hour until bedtime - they are cleansing and soothing, reduce redness and speed healing
- Cover treated area with a thin layer of Soothing Ointment as often as needed to keep skin moist/greasy
- Sleep with your head elevated for 1 week
- Expect burning, redness, mild swelling, a grid-like pattern on skin, oozing, pinpoint bleeding
- OTC pain medications and Benadryl as needed for pain and to decrease swelling

Days 1-4:

- Wash face twice daily with Gentle Cleanser. Do not scrub skin
- Continue Vinegar Soaks as needed for comfort
- Cover area with Soothing Ointment, keep it moist at all times
- Do not scratch, pick or rub skin!
- You may shower but keep hair products away from your skin
- Avoid hot showers, hot tubs, saunas, etc. for 2 weeks after treatment

Days 5-14:

- Wash face twice daily with Gentle Cleanser
- Cover the treated area with Obagi Rebalance Skin Barrier Recovery Cream
- Apply SPF 30 or greater, reapplying throughout the day
- You may begin wearing makeup again at 7 days post treatment

After Day 14:

- You may begin your normal skin care routine including retinols and glycolic products
- You may resume exercise
- You may resume facial injectables (fillers and neuromodulators)
- Hold off on scrubs, washcloths, or skin brushes for one month post procedure
- Avoid prolonged sun exposure for one month after treatment

If you experience any other skin effects such as excessive crusting, redness, swelling, or blistering, please contact the office at 916-242-2662



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