



CO2 PRE AND POST PROCEDURE INSTRUCTIONS

PRE-PROCEDURE:

- Pick up prescriptions at least 5 days before procedure
- Discontinue any Retinol, Glycolic and bleaching products 5 days before procedure
- Start Anti-Viral prescription (if given to you) 5 days before procedure

POST PROCEDURE:

DO NOT WASH TREATED AREAS ON THE DAY OF YOUR PROCEDURE. BEGIN THE SKIN CARE REGIMEN ON THE DAY AFTER PROCEDURE.

DAYS 2-5:

1. **Cleanse with Gentle Cleansing Cleanser 2 times daily (AM & PM)**
2. **Apply Biocellulose Restorative Mask - Day 2 only** - Leave on 15-30 minutes. Creates protective barrier and facilitates recovery process.
3. **Apply CE Ferulic (AM & PM)**
4. **Hydrocortisone 1% (Optional)** - anti-itch/redness
5. **Apply Hydra Balm or Aquaphor (AM & PM)** - (sooth & moisturize) May be applied several times a day for additional moisture.
6. **Apply Physical Fusion UV SPF 50 (AM)** - Water resistant, paraben free, chemical-filter free.

DAY 6: At night, soak clean gauze in ½ white vinegar and ½ warm water (1/4 cup each). Leave on for 5-10 minutes and wash face afterward with Gentle Cleanser. Follow with CE Ferulic and then Hydra Balm. This will help to remove the small crusts of dead skin on the surface.

DAY 7: In the morning, wash with Cleanser. This will clean off any dead skin accumulation. Follow with usual care.

Sunblock (SkinCeuticals Physical Fusion UV SPF 50) must be worn constantly when outdoors.

TIPS:

Try to sleep with your head elevated. You can prop pillows around your sides to prevent rolling over and wiping ointment from treated areas. This will also help with swelling.

Always wash your hands before touching your treated areas.

DO NOT take Advil, Aspirin or Ibuprofen. **Only** take Tylenol if you experience pain.

Benadryl (over the counter) and Lasix (prescription) can be used for swelling, itching and sleep if needed.

Regular make-up may be worn after 4-5 days. Return in 1 week for follow-up. Call our office if you experience any unusual reactions. **954-380-8411**