



**MDSKIN** Skin Fitness Powered by a Plan®

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### CO2 Laser Resurfacing Pre and Post Treatment Instructions

#### Pre-Treatment:

Your Provider has recommended the following skincare to prepare your skin for laser resurfacing:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Purchase the following items to have ready for your after-care:

- White Vinegar, Plain (medium-large bottle)
- Headbands
- Sun Hat
- Benadryl

#### Supplies provided for you:

- Aquaphor Ointment
- Package of 4x4 Gauze
- Cetaphil Gentle Cleanser
- Cetaphil Moisturizer
- Gloves

The following Medications have been prescribed to you to reduced discomfort after the treatment; bring the medications with you to your appointment:

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ |          |

#### Treatment Day - Arrive to your appointment at \_\_\_\_\_

- Arrive with no makeup and have your hair pulled up (if applicable).
- Wear comfortable loose clothing, preferably a button up top. Do not wear jewelry.
- Do not wear contact lenses.
- Bring your prescribed medications to your appointment.

#### Before we begin treatment:

- You will be asked to sign consent forms.
- Photos will be taken.
- Pre-treatment comfort medications will be given (these are the medications you bring with you).
- Topical numbing cream will be applied to treatment area(s).
- Treatment are will be cleansed (removing numbing cream) just before treatment.

**Immediately following your treatment:**

- Your skin will be cooled, and then Aquaphor will be applied.
- You may start vinegar soaks later this day.
- Please have someone available to pick you up after the treatment.

**Vinegar solution:**

1. Mix 2tbsp Vinegar with 1 cup cool water in a bowl.
2. Add the 4x4's gauze to the bowl
3. Apply the gauze to the treatment areas; you should be lying flat for comfort (laying towels down prior to applying soaks is recommended)
4. Leave on for 5-15 Minutes
5. When removing the gauze, it's okay to allow the aquaphor to come off
6. Reapply a layer of aquaphor after the vinegar soak, apply to treatment areas.

**One Day Post Treatment:**

- You may take a shower with warm, *not hot* water.
- You may wash your hair and allow the shampoo to run over your face as you rinse.
- DO NOT wash or scrub your face.
- Vinegar soaks are to be done 3 times daily, for the first 4 days.
- You may take Benadryl for any discomfort.

**3-4 Day Follow Up:**

- Your in-office follow up is scheduled for: \_\_\_\_\_.
- At this appointment, your provider will assess your healing, and determine if you may stop Aquaphor and use Cetaphil moisturizer and cleanser.

**10-14 Day Follow Up:**

- Your complimentary Oxygen Facial is scheduled for \_\_\_\_\_.
- This treatment promotes healing.
- You can begin your original skincare program.

Please call our office if you have any questions or concerns.