

## POST TREATMENT INSTRUCTIONS

DEKA CO2 Laser Resurfacing

**Congratulations on your treatment! Your skin has just been resurfaced to reduce fine lines, sun damage, and pores while stimulating robust collagen production. Downtime will vary depending on the intensity of your treatment. Follow these steps for the best results.**

WHAT YOU'LL NEED:



Puracyn  
Wound Spray



CeraVe  
Healing Ointment



Epicutis Lipid  
Aftercare



Distilled White  
Vinegar

**Also helpful: Tylenol for discomfort. Zyrtec/Claritin/Allegra for swelling. Clean pillowcases are mandatory.**

HOW TO DO A VINEGAR SOAK:

1. Mix 1 tsp white vinegar with 1 cup of water. Use **less** vinegar if you feel any burning.
2. Make a larger batch, store in a clean jar in the fridge, the cold adds a soothing cooling effect.
3. Saturate your single-use face mask until wet through, apply to face, leave on **10-15 minutes**.
4. Remove and discard. No need to rinse, apply skincare right after.

**Tip:** Soaks can be applied directly over CeraVe during the day, no need to wash face first.

DAILY SKINCARE ROUTINE- **ALWAYS WASH HANDS FIRST. YOU ARE TAKING CARE OF A WOUND.**

1. Lipid Oil Cleanser ► 2. Puracyn Spray ► 3. Epicutis Lipid Serum ► 4. CeraVe Ointment

*Wash hands thoroughly before touching your face. Never scratch, pick, or rub — let skin shed naturally.*

THROUGHOUT RECOVERY

### PLEASE AVOID

- Exercise, gym, or strenuous activity for at least 14 days
- Scratching, picking, or rubbing the skin
- Hot environments, saunas, steam, or swimming pools
- Washing shampoo directly over the treated area
- Direct sun exposure, wear a protective hat outdoors
- Sleeping flat — keep head elevated for 1-2 nights
- Sunblock for the first 14 days of healing
- Ibuprofen, Advil, Aleve, or aspirin for 24 hours
- Exfoliants or active products until Day 14
- Pets, dirt, or anything that could contaminate the skin



## DEKA CO2 Laser Resurfacing Timeline

### Your Recovery Timeline

#### PHASE 1

#### Day of Procedure

1. **Carboxy Pro mask:** With clean hands, after ~1 hour, gently peel off and discard (not down sink). No need to wash face. If the mask has hardened around edges, gently re-wet for easier removal.
2. **Vinegar soak:** great to do at this point if you're able.
3. **Apply skincare:** Do not wash face. Apply Puracyn spray → Lipid Serum → CeraVe Ointment. (Skip Hyvia Creme today.)
4. **Throughout the day:** Reapply Puracyn + CeraVe as often as needed. Vinegar soaks every 2-3 hrs welcome — apply over CeraVe, no need to wash CeraVe off first.
5. **What to expect:** Warm, sunburn-like sensation for 2-4 hrs is normal. Tylenol or Zyrtec/Claritin/Allegra OK. Avoid ibuprofen, Advil, Aleve, aspirin for 24 hrs.
6. **Tonight:** Vinegar soak → Puracyn → Lipid Serum → CeraVe.
7. **Sleep** on a clean pillowcase, head slightly elevated to minimize morning swelling.

Skin will be very swollen the day of and day after, do not be alarmed. This is normal.

#### PHASE 2

#### Days 1-7

1. **Morning:** Day 1 may feel like the toughest morning — some facial swelling, especially around the eyes, is normal and will pass. Gently cleanse with oil cleanser, massage face lightly to encourage lymphatic drainage.
2. **Vinegar soak:** do one now before applying skincare.
3. **Apply skincare:** Puracyn spray → Lipid Serum → CeraVe Ointment. Carboxy mask again on day 2.
4. **Throughout the day:** Reapply Puracyn + CeraVe when skin feels dry. Vinegar soaks every 2-3 hrs helpful, especially after meals. Apply directly over skincare.
5. **Evening:** Gently cleanse with oil cleanser → vinegar soak → Puracyn spray → Lipid Serum → CeraVe.

Skin will be red and swollen, this is a part of your healing process. Do not pick at your skin.

#### PHASE 3

#### Days 7-14

1. **Redness should begin to subside** and skin will develop a rough, sandpaper texture — a great sign! Continue morning and evening routine as needed.
2. **Vinegar soaks** are less critical now but still welcome if desired.
3. **If skin** is retaining moisture on its own, you can swap CeraVe for Epicutis Hyvia Creme for a lighter feel.
4. **Around Day 7:** Begin adding sunscreen and mineral makeup applied with a clean applicator.
5. **After Day 7:** Begin re-introducing your usual skincare products including exfoliants and retinols.

Skin may feel tight, dry, sandpaper-like, this is normal healing. Do not use exfoliants or remove texture. Let skin shed naturally.

## GOT QUESTIONS?

QUESTIONS OR ANY SIGNS OF INFECTION? PLEASE DON'T HESITATE TO CALL OUR OFFICE.

(408)455-6339