

POST TREATMENT INSTRUCTIONS

CO2 Laser Resurfacing

Congratulations on your CO2 laser procedure! Your skin has just been resurfaced to reduce fine lines, sun damage, and pores while stimulating collagen production. Downtime is minimal - follow these steps for the best results.

WHAT YOU'LL NEED:



Puracyn
Wound Spray



CeraVe
Healing Ointment



Epicutis
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, colder liquid 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 CeraVe off.

DAILY SKINCARE ROUTINE- **ALWAYS WASH HANDS FIRST. YOU ARE TAKING CARE OF A FRESH 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 3 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 the first night
- Sunblock for the first 7 days of healing
- Ibuprofen, Advil, Aleve, or aspirin for 24 hours
- Exfoliants or active products until Day 7+
- Pets, dirt, or anything that could contaminate the skin



CO2 Laser Resurfacing Timeline

Your Recovery Timeline

PHASE 1

Day of Procedure

1. **Carboxy Pro mask (if applied in office):** With clean hands, after 1 hour, gently peel off the mask and discard in the trash. No need to wash your 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 for a vinegar soak.
5. **What to expect:** Warm, sunburn-like sensation for 4 hrs is normal. Tylenol/Zyrtec/Claritin/Allegra is 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.

PHASE 2

Days 1-3

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

PHASE 3

Days 4-7

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.

Some pinkness after laser is completely normal and a sign your skin is healing beautifully. Be gentle and patient!

GOT QUESTIONS?

PLEASE DON'T HESITATE TO CALL OR TEXT THE OFFICE AT:

(408)455-6339