

CO2 FRACTIONAL LASER POST TREATMENT CARE INSTRUCTIONS

Pre-treatment instructions

- Stop using any type of topical and/or mechanical exfoliator 7 days before treatment. (retinoid, AHA-BHA, salicylic, glycolic,...microbeads)
- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **4 weeks before the procedure**. In case of exposure, you must always wear sun protection with a minimum of 50 SPF.
- Avoid all self-tanning lotions two weeks prior the treatment.
- Avoid taking blood thinners or anti inflammatoires (aspirin, ibuprofen, naproxen) for one week prior if your medical conditions allow.
- Avoid alcohol 48 hours before treatment to reduce the risk of bleeding and/or bruising.
- If you have a history of peri-oral herpes simplex, your doctor may recommend prophylactic antiviral treatment. Please follow your doctor's instructions.
- Your technician may ask you to discontinue any topical medications or other skin care products 3 to 5 days prior to treatment if necessary.
- Avoid all makeup, moisturiser, perfume on the skin on the day of the procedure.

What you can expect

- Immediately after the procedure, the first 3 hours you will experience discomfort similar to a bad sunburn.
- The treated area shows an erythema (redness). This redness can remain for a few days (7-14 days). In some cases, a pinkish appearance of the skin may last several weeks and/or even months (3-6) depending on the type of treatment.
- You may experience small spots of bleeding and/or yellowish (plasma) discharge.
- Swelling usually sets in within hours of the procedure and may last a few days.
- The skin may feel warm and tighter than usual.
- The redness will change the colour on the second day, appearing browner (tanning), and each subsequent day the colour will appear darker. You will notice that the process of peeling off the dark upper layers of skin cells will begin on about the fourth day. **DO NOT RUB HARD** or try to accelerate the exfoliation process.
- **You must apply only Aquafor or V-stat de vivier ointment for 7 days** until the peeling process is complete (see post-treatment instructions below)
- You may experience itching. In this case, you can apply a cortisone cream (Dr. Sami Moubayed prescription) starting day 3 post treatment and following the instructions. This prescription will be given the day of the procedure.
- In some cases, temporary hyperpigmentation *HP may develop following the procedure and may last a few weeks or months. If this happens, a 2% hydroquinone cream will be prescribed by the Doctor.
- Results vary from one individual to another and can be seen within 3 to 6 months following the procedure.

FACE MD

Montreal, Canada
www.cliniquefacemd.com

Post care instructions

- **WASH YOUR HANDS THOROUGHLY. EVERY TIME. BEFORE TOUCHING YOUR FACE.**
- Immediately after the procedure, the technician will apply a thin layer of Aquafor ointment. **It is essential to continue** this application for **7 days following** the procedure. Repeat 4 to 5 times a day after each compress *water/vinegar if necessary. **The skin should always have a thin layer of Aquafor or Vstat Vivier ointment.** If you are using a jar of ointment rather than a tube, it is important to NOT put your fingers directly into the jar. Please use a clean spoon or a tongue depressor to take the product.
- The treated area **must be washed only the day after the procedure.** Clean with a mild cleanser (e. g. hexam-vivier) and use your fingers only. Do small circular motions and be gentle with the treated area. DO NOT use a washcloth to clean the treated area.
- For your comfort and to avoid infection (in a very rare case) for 7 days following the procedure, you must do the ***compress with soak vinegar** every 3-4 hours. ***2 cups of cold water and one teaspoon of distilled white vinegar**). Use a clean washcloth or 4x4 non-sterile pads and soak them in the solution. Place on the treated area for **5 minutes**. After each compresses, reapply ointment if necessary. This step will also help to exfoliate dead skin cells over the next 7 days.
- **Following this routine for 7 days; clean every morning with gentle cleanser, do compresses with soak vinegar every 3-4 hours for 5 minutes and then reapply Aquafor or V-stat de vivier ointment after each compress if needed.**
- If you experience itching in the following days after the procedure, use the prescription cream and follow the application instructions. DO NOT rub hard or try to facilitate the exfoliation process. It is strongly recommended not to scratch to avoid any complications. You can also take an oral analgesic (e. g. benadryl) to help the itchiness and reduce the inflammation process.
- Make-up application is not recommended **FOR 14 DAYS** following the procedure. You must avoid **NATURAL SUNLIGHT and/or TANNING BOOTHS FOR AT LEAST 4 WEEKS** following the procedure and **WEAR SUNSCREEN EVERYDAY** with a minimum of SPF 50 after the follow-up treatment (7-10 days after the procedure).

IMPORTANT

**Results vary from person to person. Several treatments may be necessary to achieve the expected results. Please note that optimal results can be seen up to 6 months after the procedure. During the period of collagen renewal, your skin will be subject to many changes.*

Around the 4th week following the procedure, you will notice an improvement in the overall skin quality and radiance.

In the following 6-8 weeks, you will go through a period of dehydration where the skin will appear drier. The appearance of wrinkles may seem more pronounced, this stage is an obligatory part of the co2 laser healing process. Don't worry and be patient. Make sure you have a good skin care routine morning and night; cleanser, serum, moisturiser, sun protection and exfoliants (...) to help cell renewal and the stimulation of new collagen fibres. Have a healthy lifestyle and drink plenty of water.

Around the 4th month, the results start to show more and more. The skin appears firmer, wrinkles are less pronounced. The complexion will be clearer and the skin will look younger.

Post-treatment skin care routine to begin after the follow up treatment. (7 days or more)

Step	Procedure	Example of products
1	morning/evening - Cleanse with gentle cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply moisturiser /repair cream	
3	7-10 days after treatment (f/u appt)- Apply sunscreen	
4	evening - After cleansing, apply a repair serum with prebiotics and antioxidants BEFORE the moisturiser cream. *to be confirm with your technician*	

*** **Incorporate** a Vitamin C Serum (e.g. Vivier) into the skin care routine in the morning, **21 days after the treatment.** Retinol-based creams and/or exfoliating ingredients can be integrated in the evening, progressively **4-6 weeks after the CO2 laser treatment.**