



NEWPORT BEACH DERMATOLOGY & PLASTIC SURGERY

CO2RE Laser Postoperative Care Instructions

Before the procedure

- If you are using tretinoin/retin-A/refissa or a retinol then please stop using it 5 days before treatment.
- If you have a history of cold sores then start your prescribed prevention medication the day before your procedure and continue for 7 days after the procedure.
- Avoid extensive sun exposure in the weeks leading up to treatment.

Morning of the procedure

- Take 1000mg of acetaminophen (Tylenol) with a small sip of water 2-3 hours before the procedure.
- Do not apply makeup or other cosmetics.

After the procedure

- Scheduled medications
 - Take 500-650mg of acetaminophen (Tylenol) every 6 hours for 2 days.
 - If you were prescribed an antibiotic take as indicated.
 - If you were prescribed a steroid then take as instructed.
- Wound care.
 - Gently cleanse the face twice daily with a mild, nonabrasive cleanser like Cetaphil. Do not rub the skin vigorously.
 - Antiseptic compresses should be applied four times per day (every 2-4 hours) with dilute white vinegar (1 part white vinegar mixed with 9 parts bottled water). Apply the solution to a gauze pad and pat skin firmly with the soaked gauze without rubbing for approximately 1-2 minutes. Firm pressure will help absorb extra fluid from the skin.
 - After applying the compresses apply a *thin* layer of petroleum based lubricant over the entire face. Aquaphor or regular vaseline are excellent. This will speed up healing and prevent premature drying or scabbing. Putting on a thick layer can cause premature peeling.
 - On day 5 you can switch to a regular non-greasy moisturizer after each compress application. Use the moisturizer frequently to avoid skin dryness and crusting.

- › Do not pick or manually peel any skin that may peel. Clean scissors can be used to trim any loose or hanging skin pieces.
- › When showering water should be splashed on to the face, do not put your face directly under the shower stream.
- Activity
 - Keep head elevated as much as possible for the first 72 hours to minimize swelling. Sleep on a few pillows to keep the head elevated at night.
 - Try to sleep on your back and avoid rubbing your face.

 - Avoid leaning over and bending at the waist.
 - Avoid strenuous activity for 1-2 weeks, light activity is encouraged.
 - Avoid extreme facial expression or any other stretching of the facial skin.

 - Sunscreen should be worn when outdoors starting around the 5th day after the procedure. Avoid direct sun for a few weeks after the procedure. Wear a large hat outdoors if possible.
- Diet
 - Avoid high salt foods and alcohol for 1-2 weeks after the procedure to help minimize swelling.