

Micro Ablative Co2 Post-Treatment Instructions:

During the first 24 hours post-treatment:

- Use ice/cold packs every two hours for 20 minutes maximum for swelling and discomfort.
- Cover treated areas with Aquaphor every two hours or as needed.
- Keep your head elevated by using two or more pillows when lying down.
- Use an old clean pillow case to sleep on as pinpoint bleeding is common the first 24 hours.

After the first 24 hours, follow these instructions as directed by your technician:

- You can continue to use ice/cold packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort.
- Continue taking all medications as directed by your physician.
- If necessary, take acetaminophen or pain reliever for discomfort.
- Your skin may feel sensitive and may have a red, pigmented and swollen appearance depending on the treatment. The treated area may itch. Take antihistamines as needed.
- Continue to keep treated areas covered with a moisturizing treatment every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching.
- Periodically lightly spray the treated area with cold water, or 1tsp vinegar 2 cups chilled water washcloth soaks as needed.
- Pain should abate within 24 hours. If you feel moderate pain 1-2 days after procedure, call your technician. Feeling warm, tender or sunburnt is a normal reaction 1-10 days after treatment.
- Begin gently cleaning the skin twice a day or as needed with a mild, hypoallergenic cleanser. Do not scrub treated area. Reapply occlusive ointment, or growth factor serums and moisturizers after each wash.
- For a few weeks after treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use a broad-spectrum (UVA/UVB) sunblock SPF 50 or greater when treatment area is exposed to the sun. If possible, cover treated area with clothing or use a brimmed hat to reduce sun exposure.
- Always contact your technician promptly if there is any increase in pain or increase in skin redness.
- Following treatment normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 7-10 days, and no sweating or overheating through activities for 1 week.
- Once you feel comfortable and healed, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving and always apply sunscreen when going outdoors.
- If you have any questions about these instructions or the procedure, please contact us.

Patient

Signature _____ Date _____