

**DERMATOLOGY +
PLASTIC SURGERY**
For Your Best Self
SALUJA | NOVO | GASGARTH

FRACTIONATED CO2 LASER RESURFACING PROCEDURE INFORMATION

Please arrive 1 hour prior to scheduled appointment for numbing

You will be here for approximately 2 hours. Please arrange for someone to pick you up at the end of the treatment.

Please have the following items ready before your treatment day:

- Make sure your room is free from direct sunlight. (Blinds and drapes are sufficient.) Use freshly laundered (non precious) linens on your pillow. Use disposable pads or clean soft towels to protect pillows/pillowcases.
- Have all prescriptions, supplies, and your skin care products.
- Arrange for any extra help during the first few days after the procedure.
- **Ideally pets should be boarded if they sleep with you, for the procedure day and first 3 days. (Having them close to your skin increases infection risk.)**
- Stay away from yard work, soil, plants, flowers for the week after treatment.

Please review below carefully and make sure all of your questions are answered.

2 Weeks Before Treatment

- Discontinue use of topical retinols, Retin-A/Renova/tretinoin, glycolic or other hydroxy acids, and any anti-aging products.
- Discontinue excessive sun exposure: you should not have sunburn or significant suntan. Wear **minimum SPF 30** daily and follow other sun protection measures such as avoiding midday sun and wearing a hat and sunglasses.
- Avoid spray tanning in the treatment area.
- Begin 4% Hydroquinone cream prescription or Obagi Clear to area twice daily.
- Begin Alastin Skin Nectar twice daily.

1 Week Before Treatment

- Discontinue aspirin or other nonsteroidal anti-inflammatory medications such as Motrin, Ibuprofen, Aleve. You may take Tylenol (acetaminophen) for discomfort.
- Discontinue Vitamin E, omega 3 fish oil supplements, and let us know if you are on any other herbal or non-prescription supplements.
- Be sure to purchase supplies needed for post-procedure care.

1 Day Before Treatment

- Start prescription antiviral medication: **Famvir 500 mg po twice daily x 7 days (Dispense #14).**
 - TID (three times a day if you have a history of cold sores)
- Start antibiotic: **Bactrim DS (if no sulfa allergy) PO twice daily x 7 days (Dispense #14). Alternative if Sulfa allergy Doxycycline Monohydrate 100 mg BID x 7 days (Dispense #14).**
- Start **Diflucan 200 mg PO daily x 7 days (Dispense #7).** If taking Valium or Xanax, start Diflucan 48 hours after procedure
- Take all medications with food and separately.

Day of Treatment

Please come to the office with no makeup, no contact lenses, and your hair back away from your face and neck in a band or tie. Wear a lower-cut, buttoned shirt or one that easily comes off.

Bring a wide-brimmed hat or scarf and sunglasses. It is ok to eat prior to procedure.

What to do: Day 1-2

- **Avoid** hot water, strenuous exercise, hot tubs, swimming pools.
- **No direct shower** to face and neck for 48 hours after the procedure.
- **No** face cleansers, use dilute vinegar soaks **ONLY**.
- **Hand-washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch the treated area.**
- **Do dilute vinegar soaks every 3-4 hours.** You will space these out over the week. (Follow the given instructions attached.) Focal areas with crusting/bleeding may be gently dabbed with additional vinegar-water-soaked gauze, and then patted dry. Do not rub or scrub during this time.
- After the vinegar soak, apply two pumps of Alastin Skin Nectar followed by Soothe & Protect/Aquaphor Ointment to the entire treated area.
- Soothe & Protect/Aquaphor ointment can be reapplied additionally between soaks as needed for hydration. (Skin should be maintained with a thin slippery layer of ointment until healed).
- Keep your head elevated as much as possible (on 2 to 3 pillows) for the first few nights to help reduce swelling and promote healing.
- Finish all of your oral medication as prescribed.
- For any itching, take **Benadryl 25 mg** at night during first 48 hours
- **Tylenol 500 mg**, every 6 hours (not to exceed 3,000mg/24 hours) for any discomfort.

What to do: remainder of Week 1

- Remember to finish all of your oral medication as prescribed.
- Continue Alastin Skin Nectar after your morning and evening vinegar soaks.

- Apply Soothe & Protect/Aquaphor Ointment as additional hydrating layer after each additional vinegar soak and as needed to hydrate throughout day
- Taper off vinegar soaks and continue Nectar and Soothe & Protect/Aquaphor ointment until your skin completely healed.

What to do: Week 2-4

- Continue Alastin Skin Nectar, to help facilitate healing and enhance results, until redness is gone. Apply twice a day to support the skin's natural regeneration process, reduce inflammation, and enhance treatment results.
- Important: Practice sun avoidance and start ISDIN SPF, SkinMedica Essential SPF Total Defense & Repair or SalujaMD SPF or Sunforgettable (if acne-prone).
- Restart 4% hydroquinone cream once or twice daily as tolerated.
- It is okay to use cover up makeup if needed to conceal, avoiding liquid foundation as this may clog pores, consider ISDIN drops for concealment.
- Resume gentle cleanser such as Saluja MD Refresh One or Obagi gentle cleanser.
- If any product is causing increased redness, stop it and inform our office.

What to do: After First Month and Beyond

- **Practice strict sun protection.** Wear Medical Grade SPF 30 daily and follow other sun protection measures such as avoiding midday sun and wearing hat and sunglasses. Choose one of the mineral based SPF's we offer that suits you best.
- **Begin or resume your skin care plan 4 to 6 weeks post-procedure. Do not neglect! We cannot stress enough how important it is to maintain your investment and to continue to improve your skin.** Make sure your plan includes:
 - **Sunscreen**
 - **topical antioxidant**
 - **Blender (hydroquinone), or Lytera**
 - **tretinoin/ retinol**

Follow the doctor's or aestheticians specific recommendations for you as our goal is to customize your plan. You will receive 10% off skin care product prices for the first year post Fractionated CO2 laser treatment.

- **Chemical peels, hydrafacials and/or dermaplaning every 3 months is highly recommended to enhance your results. You will receive 10% off price for the first year post-Fractionated CO2.**

What you might experience after the procedure:

1. **Redness and swelling** are most common. While swelling may resolve within 1 week, redness usually becomes very faint by one month, and may last up to 3 months. Redness can be worsened by certain skin products and heat. Sun protection is very important.
2. **Exudates/bleeding/crusting.** Clear/golden fluid (exudates) or blood may ooze from your skin. Frequent wound cleaning and Aquaphor Ointment occlusion during the first days post procedure is critical in preventing crusting. Do not rub/scrub.
3. **Dry skin and sloughing** are usually experienced 2-7 days post procedure. After wounds close in 48 hours, you may continue with a thinner layer of Aquaphor Ointment to help relieve dry skin.
4. **Acne or milia formation:** Flare-up of acne or formation of milia possible and may appear 2-4 days post treatment. This is usually self-limiting and resolves within one week. Do not pick at any lesions.
5. **Heat/discomfort** may linger after the procedure is completed. This is typically self-limiting within hours, or the first few days.
6. Risk of **infection** from bacterial, viral or fungal agents exists despite our best preventative effort. Wash your hands and keep your environment clean. Avoid touching your face other than instructed.
7. **Scarring** may occur from crusting, infection, or simply being exposed to laser. This risk is extremely low with the Fractionated CO2 laser.
8. **Itching** usually occurs as a part of the normal wound healing process, but may occur as part of infection, poor wound healing, or contact dermatitis. This usually occurs 3-4 days post procedure and may last up to one week. Cold compresses (20 minutes on and off) as needed to alter sensation can help. An oral antihistamine such as Zyrtec or Benadryl can also help. A steroid cream such as hydrocortisone twice a day can help. These additional medications should only be used as directed by your practitioner.
9. **Pigmentary changes:** After treatment, skin may appear darker (hyperpigmentation) or lighter (hypopigmentation) than before. Although most changes are transient, it could be permanent.
10. **Ectropion:** Very rare is a downward pull of the eyelids that could result after treating the around-the-eye area. Again, this risk is extremely low with the Fractionated CO2 laser.
11. **Non-responsiveness** to laser treatment: Your skin condition may not be corrected or may worsen.

Call us if you experience any one of the following: If you cannot reach us and it is an emergency, call 911

- If you are uncertain or have questions.
- Pain that is not relieved by Tylenol.
- Oozing beyond 48 hours or shallow ulcers.
- Excessive redness, swelling, bleeding, and/or crust or scab formation.
- Excessive itching, especially when accompanied by signs of infection.
- Signs of infection: whitish to yellowish film on treated area, with or without foul odor. You may also develop a fever of 100.4F or above.

VINEGAR SOAK INSTRUCTIONS

What you need:

- Dry gauze
- A clean container
- Measuring spoon
- Bottled water 16 oz
- White distilled vinegar 5%

Steps:

- Remove 2 tablespoons of water from the bottled water (making room for the vinegar)
- Add 2 tablespoons of vinegar to the bottled water
- Shake gently to mix
- Mark the bottle as “vinegar water” to avoid confusion and place it in the fridge.
- Place 10 – 20 gauze pads inside Tupperware. Sanitize the container between use.
- Carefully add in vinegar water until all gauzes are saturated

To Apply:

- Remove oozing/bleeding with gauze, using gentle pressure
- Keep vinegar water in contact with skin for at least 5 minutes, longer for areas with crusting
- Pat dry
- Alastin Nectar should be applied to freshly cleansed skin morning and night
- Apply Soothe & Protect/ Aquaphor ointment after Nectar and additionally after each cleansing

Frequency:

- First day, every 2-3 hours
- Not necessary to set alarm to wake up during the first night for cleansing, only for comfort
- After 24 hours, every 3 -4 hours
- After 48 hours, soak three times a day and continue Aquaphor. After second appointment, taper to two times daily.
- For 1 week, continue vinegar soaks twice a day and then stop.

