

CO2RE FRACTIONAL RESURFACING AFTERCARE

Most patients will experience a clinical endpoint of erythema (redness), and Mild to moderate sunburn sensation which may last 3-5 days. Slight to moderate edema (swelling) may occur and will peak 2-3 days post treatment. Sleeping elevated with 2 or more pillows or in a recliner chair and using the ice packs can improve the amount of swelling. Treated skin will appear "bronzed/darkened" the day after treatment; skin will typically begin to flake on days 5-10.

We will provide ice packs to help with cooling. Cooling the skin is important post treatment to decrease side effects such as swelling, burning, or post inflammatory hyperpigmentation. Using ice packs for up to 72 hours can be beneficial.

ALL PATIENTS MUST TAKE VALTREX, AS PRESCRIBED, EVEN IF THEY HAVE NO HISTORY OF COLD SORES. The eruption of a cold sore during the healing phase is an EMERGENCY! You should have already informed the MDC Staff if you have a history of cold sores and been prescribed a pretreatment of Valtrex/Acyclovir. If you get a cold sore, call the office IMMEDIATELY! If after hours, please call our answering service at 833-880-5219.

GENERAL INFORMATION

- You will be prescribed Valtrex to start 1 day prior to treatment.
- Treat the skin gently. DO NOT PICK OR FORCEFULLY REMOVE ANY OF THE CRUSTING.
- Avoid swimming pools and hot tubs for 10-14 days following treatment.
- Avoid sun exposure to reduce the chance of hyper-pigmentation (darker pigmentation).
- Avoid the use of makeup on the treated area for 7-10 days to reduce the risk of infection.
- If you have a history of a staph infection/impetigo, apply mupirocin ointment in nostrils for the first week during healing.

POST TREATMENT SKIN CARE INSTRUCTIONS

You will receive a post-treatment kit for aftercare. Use the products given to you in your kit during the healing process. Do not use any other products the first 7-14 days unless instructed by your provider.

Do not use Illuminate pads (HQ pads) for two weeks after your treatment. Your provider will advise you on when to restart the pads.

MORNING AND EVENING INSTRUCTIONS

DAY 1-3: (THE REGIMEN BELOW CAN BE USED UP TO 7 DAYS IF NEEDED)

Step 1: Cleanse face with Gentle Cleanser provided.

Step 2: Vinegar Soaks 4-6 times a day.

Vinegar soaks should be very soothing, if stinging occurs when applied, add tap water to pre-soak vinegar gauze to dilute vinegar strength.

- The pre-soaked Vinegar gauze in your post care bag needs to be stored in your refrigerator.
- Unfold gauze and place on treated skin for 5-10 minutes.
- Remove and discard gauze and allow skin to dry.

ALWAYS moisturize after using Vinegar soaks. Use only products provided in after care kit. Vinegar soaks can be repeated up to four (4) additional times per day for up to 5-7 days.

Step 3: Apply a small amount of the Soothe (Aloe-Hydrocortisone Cream) every morning after washing and every evening after washing for the first 3 days. You may experience moderate discomfort for approx. 5 min post application. This is normal response for the skin when using hydrocortisone creams.

Step 4: Apply Day 1-3 wound healing moisturizer provided in kit to entire area. **It is very important to keep the skin moisturized during the healing process. Reapplication is necessary throughout the day using moisturizer.**

- Skin Should never feel dry.
- You will need to reapply throughout the day and after each vinegar soak.
- After the first 3-5 days you can discontinue using the Day 1-3 wound healing moisturizer and use the Day 4-14 moisturizer or a combination of the two if desired

DAY 4-14:

Repeat steps 1-4 above. Repeat Step 4 as needed throughout the day for hydration.

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS