

## CO2 Fractional Laser Resurfacing Post Treatment Instructions

- Downtime can last 7-14 days, depending on the area treated and your body's own healing process.
- Immediately after treatment, most patients will experience erythema (*redness*) for 1-3 days, however for more aggressive treatments this may last longer up to a few weeks. Slight to moderate edema (*swelling*) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. A BBL (*Broad Band Light*) treatment may be needed a few months post treatment if the redness persists.
- After the second day, skin may appear as an exaggerated tan. Skin will begin to flake at 5-7 days on the face and neck; 7-10 days for the chest; and 10-14 for the hands. **Do NOT pick at the skin.**
- Immediately post-treatment, **do not use occlusive agents** (*Aquaphor/Vaseline*) **until burning sensation has subsided. Once the skin has cooled down, you should apply** an occlusive agent as instructed by your provider and use a gentle cleanser and moisturizer.
- You may return to your regular skin care routine once sand paper feeling has resolved. Makeup cannot be applied until the provider gives you the okay.
- **Recommended after-care products:** Alastin Skin Nectar, SkinMedica TNS Recovery Complex, La Chelè Line Free Serum, or Plated

*\*If using Plated Intensive or Daily Serum, this should not be applied until your follow up appointment*

- Cleanse the treated area twice daily with water and a *gentle* facial cleanser, pat dry with a clean towel. *Do not rub.* We recommend the **SkinMedica Facial Cleanser**, sold in our offices.
- There are no restrictions on bathing except to treat the skin gently, avoiding hot water, and avoiding scrubbing or trauma to the treated area. It is best to treat the skin as if you had sunburn.
- **Do not exfoliate or pick** at any crusted areas.
- **Keep skin moist** to promote healing.
- **Do not use any alcohol-based products** or toners on the skin for **at least 4 weeks post** treatment. **Avoid the following cosmetic products for at least 4 weeks post** to your treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, Lactic Acid, exfoliants, fruit acids, and Ascorbic Acid (Vitamin C).**
- Take any post treatment prescription medications as directed by your provider.
- Use **clean** pillow cases, sheets, towels, and cloths/ hand towels each day for the first 7 days post treatment. Sleep on an incline (*or with an extra pillow*) to combat inflammation.
- Avoid sleeping with pets for 7 days post treatment. This is important to avoid bacterial infections.
- Avoid sun exposure for at least 4 weeks post treatment.
- The use of a zinc oxide sun block (SPF 30+) at all times is recommended once skin is back to baseline. Elta MD sunscreens are recommended, and are sold in our offices.
- You may take Tylenol or Benadryl as needed.
- **If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our prescriptive La Chelè Melasma Emulsion (hydroquinone) cream daily, morning and evening, and no longer than 3-6 months post treatment. After this period, discontinue use for an additional 3-6 months before resuming treatment. During your off months, substitute with Skin Medica's Even and Correct line.
- Avoid vigorous workouts, hot tubs, saunas, and any other causes of excessive heat for a minimum of 1 week post treatment.

**Day 1 to Day 7:**

Oozing and yellow brown crusting over the treatment areas is common after the treatment. This generally persists for 4-7 days, depending on the intensity of your laser treatment.

The skin will be red and inflamed. It will become dry and flaky if you are not using Aquaphor/ Vaseline adequately. Do NOT allow your skin to become too dry, and do not pick at any flakes or scabs if they form. You want the skin to be moist with consistent Aquaphor/ Vaseline use. Your skin heals better when WET.

Continue vinegar soaks consistently, 3-4 times per day. Please reference Vinegar Soaks Protocol on the last page. Apply a generous amount of Aquaphor/ Vaseline to the skin after finishing your vinegar soaks. We recommend using the soaked gauze to gently pad your skin. Do NOT harshly rub, scrape, or pick at your skin.

On Day 3, you may begin to cleanse the treated area twice daily with lukewarm water and a gentle facial cleanser. Then, pat dry with a clean towel. This should be performed prior to the morning and evening vinegar soaks.

We will have a follow up appointment on Day 3 to ensure everything is healing properly.

There are no restrictions on bathing except to treat the skin gently, avoid hot water directly on your face, avoid shampoo and conditioner directly going onto face, and avoid scrubbing or trauma to the treated area, as if you had sunburn.

Your skin may be feeling itchy. This is a normal part of your healing process. It is important to note that you should not exfoliate, pick, or scratch at the treatment areas.

Continue to take any prescriptive medications given by your provider.

**Day 7 to Day 14:**

Crusting should be completely finished by day 5 – 7. After this your skin will appear red, as if you had a recent sunburn. This should gradually fade over the next 10-14 days. A light pink appearance may linger for 4-6 weeks, which can easily be covered by makeup.

Vinegar soaks should continue until the skin is no longer, dry, irritated, or oozy, which is typically by day 7-10.

We will have a follow up appointment on Day 7 to ensure skin is continuing to heal appropriately. At this appointment we will discuss when you can resume other skincare products and makeup.

Makeup should be avoided until skin no longer feels dry or irritated, which is typically by day 10 – 14.

Zinc Oxide SPF 30+ should be applied when skin is feeling back to baseline.

Do not use any Retin-A, retinols, vitamin-C serums, hydroquinone, glycolic acid, lactic acid, fruit acids, alcohol-based products, toners or exfoliants for at least 4 weeks post treatment.

Avoid sun exposure for at least 4 weeks post-treatment.

**1 Month and on:**

You may resume your Retin-A/retinol/retinoid cream, alcohol-based products or toners, AHAs/BHAs (glycolic acid, salicylic acid). Please be mindful that your skin is now more sun sensitive than before your treatment, so use these products more sparingly than before treatment. If skin becomes more irritated with the use of these products, stop or decrease their use.

You may now resume vitamin C serum.

Continue to use SPF 30+ sunscreen daily. Forever.

The redness/ pinkness in your skin can occasionally persist for 2-3 months. We offer lasers (BBL) and topicals (Plated) in office to help resolve redness more quickly if desired.

Best results of your laser treatment are seen at 3 months! This is how long it takes for your body to produce new collagen and show improvement to your treatment area. Results may continue to improve for 6-9 months after your treatment. We will plan a follow up visit at 3 months to review before and after photos.

# lachele

AESTHETICS & WELLNESS

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- You may take Tylenol or Benadryl as needed.
- **If you have melasma, a darker skin type,** or are simply looking to enhance and maintain pigment reduction, we recommend applying our prescriptive **La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, and **no longer than 3–6 months post treatment.** After this period, discontinue use for an additional 3–6 months before resuming treatment. During your off months, substitute with **Skin Medica's Even and Correct** line.
- **Avoid vigorous workouts, hot tubs, saunas,** and any other causes of excessive heat for a minimum of **1 week post treatment.**
- **Refrain from the following until your skin has fully healed:**
  - Shaving or waxing
  - Make up (avoided until you are given the okay by your provider)
  - Tanning beds, sun tanning, and sunless tanning creams
  - Scrubbing, scratching and/or picking at the treated area(s)
  - Submerging the treated area in water such as pools, whirlpools, oceans, etc.
  - Activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise

### \*\*\*Vinegar Soak Protocol\*\*\*

- Use unopened distilled water OR boil water and then let completely cool. This is necessary to eliminate any potential pathogens or contaminants that can lead to infection.
- Measure 2 cups of sterile water (boiled or distilled) into a clean, heat-safe bowl. If recently boiled, allow it to cool until warm and comfortable to the touch.
- Add 1 tablespoon of white vinegar.
- Place a soft washcloth or microfiber towel or sterile gauze pads into the bowl to fully saturate it.
- Wring out the cloth or gauze so it is damp but not dripping.
- Lay the cloth over the area and gently press it against the skin. Do this for one treatment area at a time (forehead, cheek, eye, mouth, etc)
- When the cloth begins to cool, gently lift the cloth away from the skin. You may notice a small amount of skin residue on the towel. Do not rub or scrape.
- Repeat this process 3–4 times over the same area until the skin is no longer sloughing onto the towel.
- Apply a generous layer of Aquaphor/Vaseline to the treated area to keep the skin moisturized and support healing.
- Repeat steps 4–9 for any remaining treatment areas (around the mouth or the other eye).
- Repeat the full protocol 3–4x daily until crusting/ oozing has resolved, typically within 5–7 days.

**Note: You can decrease your white vinegar dose slightly if you are noticing stinging when applying soaks.**

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)