



The following instructions will help you achieve the best results from your **CO2** treatment. Please take a moment to review this information prior to your treatment. If you have a history of perioral herpes you will be prescribed an antiviral.

**The day you are receiving treatment, please:**

- Arrive with no makeup and clean skin
- Do not wear contact lenses.

**What to expect during treatment:**

- During treatment you will hear a snapping/clapping sound each time a plasma pulse is produced. Let us know if you find this uncomfortable as earplugs or earphones could be made available.
- You may experience a sensation of warmth (like mild sunburn)
- There may be the smell of burning hair as some of the light, velus hair, might get singed.

**1 week Prior to Treatment:**

- Stop using exfoliates such as scrubs, Retinols, Retin-A®, and AHA/BHA products.

**2 weeks Prior to Treatment:**

- Avoid excessive sun exposure or tanning for at least two weeks prior to treatment.
- Use a Sun Protection Factor (SPF) 30+ zinc oxide or titanium dioxide based sunblock.
- Start using Sente Dermal Repair Cream daily until the day of your treatment.

**24 hours after receiving treatment please:**

- Keep Sente Dermal Repair on your skin at all times.
- Protect your skin from sun exposure.
- Always wash your hands before applying Sente Dermal Repair.
- Try to sleep on your back following treatment of the face.

**2-5 days after receiving and before complete peeling or flaking please:**

- The Sente Dermal Repair may be removed by using warm water, DO NOT RUB.
- Following cleansing, use a vinegar solution every 2-4 hours for 1 week to ease any discomfort: Mix a solution of 1 teaspoon of white vinegar to 1 cup of cold water and gently dab on the treated area using a clean washcloth or gauze. Rinse well and apply new Sente Dermal Repair immediately.
- Reapply the Sente Dermal Repair if your skin feels tight or dry and until peeling is finished, 2-5 days.
- Call us immediately if you have continued pain, blistering, oozing or concerns.
- The darkened pink, red, or bronzed skin will peel and flake off. DO NOT PICK!

**After peeling and flaking have stopped after receiving treatment please:**

- Stop using the Sente Dermal Repair and use an SPF 30 or higher.
- Treat the new skin gently.
- It will generally be 2 to 10 days after treatment before you can apply make-up or shave.

The Eterna Team