



CHROMOS F CO2 / ThermoCLEAR - After Care

Procedure Day – On the day of the procedure please try to arrive with no make-up. If you wish to shower please do so before the procedure. After the procedure we ask you to wait 24 hours to shower again. Remove contact lenses and wear glasses if necessary. After the consent form and photos, a topical numbing cream may be applied to the treatment area. Most patients report minimal discomfort during the procedure. Multiple settings may be used for different areas of the face and body. When the treatment is finished we ask that you do not apply any gels or anything wet to the area. The heat (sunburn like) will dissipate over the next few hours. Cold compresses, such as ice packs (use a clean wash cloth between the ice bag and the skin), this will help soothe the heat. Caladryl (pink only) can be used as this helps with itching and swelling. **DO NOT PICK** -

The Healing Process – You will look your worst the next day as healing times vary depending on the individual but generally you can expect the following: Face 2-6 days, Neck 6-10 days, Chest 10-14 days (depending on the type of treatment). Make sure to wear a **sun block, large hat and/or sunglasses** if you will be exposed to the sun. In some aggressive treatments, very slight oozing may occur. Blot these areas gently with a clean soft tissue and you can **apply Aquaphor after 48 hours**. Swelling of the face and/or eyes is common, and typically begins to reduce by the third day after treatment. **Sleeping with your head elevated can help decrease swelling**. Almost everyone experiences itching, which can range from mild to intense. Applying Caladryl topically or taking a Benadryl (an oral antihistamine), can be helpful. Gently pressing a clean Q-tip onto the skin also helps to relieve itchiness. Itching usually lasts a few days or until the area starts to peel. **DO NOT PICK** -

Cleaning the Area - **Cleanse the skin (mild soap like Cetaphil)** 1-2 times a day. The process of cleansing may be slightly uncomfortable for the first two days after the procedure. The skin may feel tender to the touch, so be gentle and careful. Pour a quarter size amount onto your fingertips. Gently apply the cleanser to your face using small circles. Splash your face with tepid water and pat dry with a clean soft washcloth. As the skin heals it is common to see small minute dots all over the skin. Around day 3-4 you may notice skin starting to peel off usually starting at the middle. **Do not pull, peel, or scrap the skin off**. Just let the skin naturally slough off in the cleansing process. Use old pillowcases or cover pillows with soft towels. In the shower make sure to cover your face from shampoos and body soaps. **DO NOT PICK** -

Follow-up - Your follow-up appointments will generally be scheduled 10-14 days post-procedure. Do not use exfoliating products on the skin for 2 weeks. If you feel that you are having an unusual problem with the treatment, please contact Lorenzo via email (Lo@LaserLaser.com) or call or text his cell phone (303-994-7236).

Medications - If you are prone to cold sores have your doctor prescribe Valtrex (an anti-viral medication) which is used to prevent viral outbreaks on your skin and cold sores - if you have a history of them). Tylenol is recommended for pain or a prescription from your physician.

Patient Name: _____

Treatment Area: _____

Treatment Fee: _____

Procedure: **DermaFACIAL**
Resurfacing
Rejuvenation
Remodeling
Laser Specialist: **Lorenzo**