



Instructions For Fractional CO2 Laser Skin Resurfacing

1. Two weeks prior to your treatment, start using Alastin Regenerating Skin Nectar at night.
2. Prior to the treatment, obtain and fill a prescription for antiviral medications and take the first pill the night before. Take Famciclovir – 500 mg two times a day for 10 days.
3. After the treatment, you can apply ice or cold compresses to the treated area for no more than 20 minutes continuously and then 10 minutes off. You can repeat that cycle as needed. If needed, you may take Tylenol for pain or Benadryl for itching. Follow the manufacturer's directions.
4. 2 hours after the treatment, apply a light coat of Alastin Soothe & Protect Recovery Balm.
5. Do not be alarmed if you experience “pin-point” bleeding, this is normal and appears worse than it is because the Soothe & Protect Recovery Balm causes it to spread. Gently blot your face, **BUT DO NOT RUB YOUR SKIN UNDER ANY CIRCUMSTANCES.**
6. Patients fall into a spectrum of swelling and redness over the next 5-7 days. Some patients experience a mild sunburn like effect, while others can have significant swelling, redness, and itching – depending on your skin type. Grid marks on the face are a result of the laser fractionation and also resolve over 5-7 days. This is all to be expected and on average resolves after 5-7 days.
7. In the morning, you should shower as normal, but use tepid water rather than hot. Avoid scrubbing the area for 72 hours. You can hand wash the treated area with mild soap during this time. Even after 72 hours, you should clean the area **GENTLY.**
8. Continue applying a light coat of the Soothe & Protect Recovery Balm 4 times per day. You need only to keep the skin moist, not coated too thickly. **DO NOT SCRATCH, PICK OR RUB THE SKIN VIGOROUSLY.**
9. Return to the office 5-7 days after treatment for a post-procedure visit.
10. **DO NOT** apply makeup to the treated area until you are reevaluated by the office or put any other creams or lotions on the skin unless given to you by the office. This includes sunscreen, moisturizers, and perfume.
11. Apply the Soothe & Protect for 5 days. Wash the treated area with a gentle cleanser (Alastin cleansing cream or Cetaphil) for 7 days. After 5 days, apply Alastin Regenerating Skin Nectar to the treated area in the morning and evening until the bottle is empty.
12. After the first week you can resume most activity other than **SUN EXPOSURE.** You can apply makeup and sunscreens as needed. Beginning 3 weeks after treatment, you can apply Retin-A and other Glycolic containing agents as before. Do not undergo waxing, microdermabrasions, or light peels over the area for 3 months from the day of treatment.
13. No exercise, gym, or other strenuous activity for at least 4 days.

Please call our office if you have any questions before or after the procedure: 914-339-6050