



Absolute Dermatology & Skin Cancer Center
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Deep CO2 Laser POST-treatment Checklist

General Guidelines:

- ☐ Drink water and moisturize frequently- do not allow skin to feel tight and dry.
- ☐ Do not touch your face unless hands are clean. Never pick or scratch.
- ☐ Stay away from all sunlight, including windows.
- ☐ AVOID: exercise, wearing make-up, contact with pets (especially cats) for 2 weeks.

First hours Post-procedure:

- ☐ Leave on the cream applied after your procedure until bedtime. Feeling dry? Touch up with one of the recommended moisturizers or hydrating sprays. Remember, do NOT wash yet, just apply moisturizer on top.
- ☐ Take Tylenol for pain as needed for pain. Ibuprofen and other NSAIDs can increase bruising.

Bedtime, Night of treatment:

- ☐ Prepare your bed:
 - ☐ Stack up pillows so that your head remains elevated. (This will decrease swelling)
 - ☐ Place a clean, old pillowcase or towel on top of pillows.
 - ☐ Place everything you need on your night stand. Spray moisturizer recommended.
 - ☐ Consider running a humidifier (with or without ice cubes) throughout the night.
- ☐ Wash face for the first time:
 - ☐ Vanicream gentle cleanser and cool-to-lukewarm water.
 - ☐ Use fingertips only.
 - ☐ Pat Dry.
- ☐ Complete your first vinegar water soak. (Instructions below)
- ☐ Apply a thick layer of moisturizing cream.
- ☐ Take Hydroxyzine for itch and swelling directly before sleep as this will cause drowsiness.
- ☐ Spray Thermal Spring Water on face throughout the night as needed.

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Expectations

Night after treatment/ Day 1:

- Minute-grid is most prominent
- Post-procedure swelling, increases through night (at worst, eyes closed to slits)
- Facial warmth & pain increasing throughout night
- Difficulty sleeping possible unless OTC pain meds and hydroxyzine are taken as directed
- Possible itch at night -- take hydroxyzine to avoid touching and scratching during sleep
- Possible pinpoint dots of blood on face or pink cream - This is desirable & a sign that results may be even better than predicted!

2-3 Days after treatment:

- The most hot and painful days (pain is greater than itch) IMPORTANT: Use diluted vinegar water soaks
- Frequently moisturize with LRP Thermal Water spray and a recommended moisturizing cream to soothe burning pain
- Alternate Ibuprofen and Tylenol every 3 hours on schedule (NOT just when you need it)
- Goop should be applied so thick that face is white

4-7 Days after treatment:

- Minute-grid still visible to naked eye
- Pain gradually declines **Worsening pain at this stage should prompt a call to office**
- Itching will be most prominent symptom (soothe with vinegar water soaks 3 times a day) DO NOT touch/itch/scratch face to avoid infection
- Nighttime antihistamine (Hydroxyzine) continues to be vital to avoid sleep scratching
- Face must still be white from thick goop

8-15 Days after treatment:

- Itch gradually declines, pain should be gone
- Vinegar soaks decreased to 1-3 times daily, used for itchiness or tightness
- Severe dryness & sun sensitivity continues- Maintain a dewy look with moisturizers & SPF
- Avoid old makeup/skincare products that likely contain bacteria

Weeks to months after treatment:

- Minute-grid pattern microscopic, slowly disappears
- Avoid retinol, AHA/BHA, exfoliating or any 'anti-aging' products for at least 4-6 weeks
- Severe dryness slowly declines, dewy complexion still preferred with thick moisturizer
- No itch should remain unless old makeup/skincare products are started prematurely and cause allergy/infection
- Vinegar soaks discontinued

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