

CO2: Laser Resurfacing

SmartSkin® by Cynosure is an ablative fractional laser used to remove skin cells and promote the natural healing process for smoother, firmer, and brighter skin. In response to laser energy, the body starts the rejuvenation process of creating new skin cells and collagen. SmartSkin® is most commonly used to treat sun damage, fine lines and wrinkles, and scarring.

WHAT IS THE AVERAGE RECOVERY ASSOCIATED WITH THE PROCEDURE?

Most patients experience about one week of downtime, and some up to two weeks. Red and raw feeling skin with possible swelling is typical after ablative laser resurfacing treatments. Patients can expect redness for a few days to weeks.

WHAT RESULTS CAN I EXPECT FROM CO2 LASER?

The results of CO2 become noticeable over a few weeks as the body heals and skin is rejuvenated. Proper skin care, mitigating sun exposure, and utilizing sunscreen decreases the risk of patchy skin pigmentation. The final results of treatment will be naturally altered with aging and sun damage.

Prior to Treatment:

1. Avoid prolonged direct sun exposure (golf, beach, pool, etc) for 1 week prior to your procedure.
2. Avoid use of retinoids (Retin-A, Tazorac, Differin, Z*RO Wrinkles) or retinol-containing products 1 week prior to your procedure.
3. We will prescribe medications prior to the day of treatment to have filled. These will be paper scripts that you can pick up at the office a few days before your scheduled appointment. Four prescriptions will be given: Valtrex®, doxycycline, Xanax®, and Percocet®.
4. The day before you will initiate the Valtrex® (antiviral to prevent cold sores) and doxycycline (antibiotic to prevent skin infections).
5. All patients with darker skin tones must use **Z*RO Dark Spots** (hydroquinone) for 2-4 weeks prior to treatment. This down-regulates pigment and prepares the skin for treatment.
6. For men, if a hair bearing area like the beardline is going to be treated, then please shave the day before.
7. You should be well hydrated before treatment to promote effective healing. A few days leading up to treatment as you should be drinking 64oz of water, and avoiding alcohol and smoking.

Treatment Day:

1. Do not apply makeup, lotions, or any skin care products on the day of treatment.
2. Arrive an hour before your appointment time to topically numb prior to the procedure.
3. The other two medications, Xanax® and Percocet®, should be taken when you arrive at our office or an hour before your procedure.

Post Treatment Tips:

1. Avoid prolonged direct sun exposure (golf, beach, pool, etc) for 2 weeks after your procedure.
2. If you have any discomfort, begin applying ice packs or cool compresses to the treated areas as frequently as necessary.
3. Place your moisturizer in the fridge, and apply as needed for a cooling effect.
4. If swelling occurs, it may last for a few days. Elevate your head on two pillows to decrease swelling. Ice 20-minutes per hour for significant swelling.
5. For pain relief, take the remaining Percocet® or an over the counter pain reliever like Advil®, Motrin® or Tylenol®.
6. You may apply topical Hydrocortisone 1% lotion or cream to reduce stinging and burning however **USE ONLY IF NECESSARY**. Using a topical steroid blunts the immune response, which may decrease the efficacy of treatment. This can be purchased over-the-counter.
7. You may shower as desired. Do not let hair products touch the face or treated area.

8. Avoid pools, hot tubs, and spas for one week post-treatment.
9. Avoid working out or excessively sweating until the peeling and/or scabbing ceases.

After Care Regimen:

1. Be sure to thoroughly wash your hands prior to touching your face.
2. Cleanse skin with a gentle cleanser (our recommendation: **Atoderm Cleansing Oil**), use cool water and your fingertips. Do NOT use a Clarisonic® brush or anything similar until after the peeling ceases. This should be done twice daily, once in the morning and once in the evening.
3. Moisten and irrigate the skin to promote the wound healing process with **Lasercyn® Dermal Spray** as frequently as necessary. If you leave your house, when you return, use the Lasercyn® Dermal Spray immediately to kill bacteria, viruses and fungi you may have encountered after leaving your home.
4. Your skin may appear red and flaky and feel dry and tight for 1-2 weeks following treatment. Use a moisturizer (our recommendation: **Bioderma Sebium Hydra** or Aquaphor) as frequently as necessary to aid in discomfort. You should moisturize immediately after cleansing, and any other time your skin feels dry, tight, or itchy throughout the day. *You should be moisturizing frequently during the healing process.*
5. Use sunblock with only titanium dioxide or zinc oxide every morning after moisturizing (our recommendation: **Z*ROC Mattifying Sunscreen**). It is especially effective at protecting your newly rejuvenated skin.
6. No picking, peeling or scrubbing the skin in any way while healing which could lead to scarring.
7. For facial hair, no shaving with a razor blade until day 5 post treatment.
8. You may use makeup and return to your normal skin care routine once any peeling or crusting has healed, and as long as the skin is not broken. Most patients have completed the peeling process after 7 to 10 days.
9. If the skin is broken or a blister appears, apply antibiotic ointment (Bacitracin or Polysporin) and contact the office immediately.
10. The area may be a healthy pink for up to 1 month. You can resume your normal skin care routine one week after the day of your treatment.

Recommended Products:

1. Atoderm Cleansing Oil
2. Lasercyn Dermal Spray
3. Bioderma Sebium Hydra moisturizer
4. Z*Roc Mattifying Sunscreen

*All products can be purchased in office before or the same day as your treatment. These products are highly recommended for the best outcome while healing.