CO_2 Laser Resurfacing <u>PRE-CARE</u> Information and Guidelines

- Keep your skin and body hydrated in the weeks preceding your appointment. This procedure works because of the water status of your skin – the more hydrated you are in the weeks before after the procedure, the better your results! Aim for at least 100 ounces of water per day.
- Patient should begin using **<u>Obagi Clear and Blender</u>** one (1) gram twice daily **at least** 6 weeks prior to procedure in order to control possibility of abnormal pigment formation. Addition of Tretinoin during this period will also improve your results.
- No use of Accutane within the last 6 months.
- No use of Retin A/Tretinoin, acids, "active" Obagi products (such as Clear, Blender, Exfoderm) for **4 days**.
- Sun and UV lamp exposure should be avoided for one (1) month prior to treatment. Daily use of Obagi SPF 50 sun block is recommended before and after treatment.
- **<u>Valtrex</u>** will be prescribed and should be started three (3) days prior to treatment.
- **<u>Valium</u> and <u>Percocet</u>** will be prescribed. One of each should be taken when you arrive at the office. **<u>Patient is to bring remaining prescriptions to procedure appointment.</u>**
    - **<u>Patients are required to have a ride home after the procedure. Arrange this early.</u>**
    - Another option is to use ProNox – which is a nitrous oxide ("laughing gas") machine used for pain control.
- Eat a well-balanced meal a few hours prior to treatment to avoid stomach upset associated with the medication.
- Do not wear contacts the day of the procedure. If we are treating your eyes, ocular shields (similar to contacts) will be placed in your eyes.
- **Do not wear makeup** the day of the procedure.
- Your follow up schedule will be: 1 day, 3-4 days, 1 week, 2 weeks, 1 month, and 3months. This may vary slightly, but expect frequent follow ups.
- Refer to consent for about expectations following the procedure including: Skin redness, moderate swelling, mild-moderate sunburn sensation of the skin, skin appearing "tanned", flaking (5-7 days for face & neck, 7-10 days for chest, 10-14 days for hands), dryness, and oozing.
- PLEASE REVIEW ALL MEDICATIONS THAT HAVE POTENTIAL FOR PHOTOSENSITIVITY:

Anticancer Drugs
Dacarbazine
Fluorouracil
Flutamide
Methotrexate
Vinblastine

Acne Medications
Isotretinoin (Accutane)
Tretinoin (Retin-A)

Antidepressants/Others
Amitriptyline
Amoxapine
Clomipramine
Desipramine
Doxepin
Imipramine
Maprotiline
Nortriptyline
Phenelzine
Protriptyline
St. John's Wart
Trazodone
Trimipramine

Antihistamines
Azatadine
Clemastine
Cyproheptadine
Diphenhydramine
Terfenadine

Antimicrobials
Ciprofloxacin
Clofazimine
Dapsone
Demeclocycline
Doxycycline
Ozenoxacin
Flucytosine
Griseofulvin
Lomefloxacin
Minocycline
Nalidixic Acid
Norfloxacin
Ofloxacin
Oxytetracycline
Pyrazinamide
Sulfonamides (Bactrim, Septra)
Tetracycline

Antiparasitic
Chloroquine
Quinine
Thiabendazole

Antipsychotic
Chlorpromazine
Fluphenazine
Haloperidol
Perphenazine
Prochlorperazine
Thioridazine
Thiothixene
Trifluoperazine

Cardiac/ High Blood Pressure
Amiodarone
Atenolol/propranolol
Captopril
Diltiazem
Lisinopril
Methyldopa
Minoxidil
Nifedipine
Verapamil
Lovastatin

Diuretics
Acetazolamide
Amiloride
Bendroflumethiazide
Chlorothiazide
Furosemide
Hydrochlorothiazide
Methyclothiazide

Hypoglycemics
Acetohexamide
Chlorpropamide
Glipizide
Tolazamide
Tolbutamide

NSAIDS
Diclofenac
Fenoprofen
/Flurbiprofen
Indomethacin
Ketoprofen
Meclofenamate
Naproxen
Phenylbutazone
Piroxicam
Sulindac

Others
Bergamot oil
Oils of citron, lavender, lime, sandalwood
Clofibrate
Birth control
Etretinate
Gold salts
St. John's Wart

CO_2 Laser Resurfacing <u>POST-</u>CARE Information and Guidelines

- *Stay hydrated in the weeks before and after your appointment. This procedure works because of the water status of your skin – the more hydrated you are, the better your results! Aim for at least 100+ ounces of water per day. Increasing protein intake to 100+ grams per day will also help the healing process.*
- You will be supplied with all post procedure products other than gloves.
- You may apply cold compresses or use Avene Thermal Spra immediately after treatment. Most patients report a "hot" feeling, which lasts 3-5 hours on average, but may last longer. Use clean ice packs or freeze a wet paper towel in a Ziplock bag which can be wiped clean with alcohol after use.

The following steps are recommended <u>with gloves</u> *(other than facial cleansing which you should do with bare hands to feel any sloughing skin)**:***

- You may spray your face with the provided Avene Thermal Spring Water as often as desired to cool the skin.

1. Apply **Vinegar soak -** You may begin this **when you arrive home** from the procedure. This will help evaporate heat from your skin. It is normal to feel a slight stinging sensation, this will resolve after a few minutes.
   - In a glass or metal dish or bottle - mix 1 tablespoon of white vinegar with 16 ounces of room temperature or cool/cold water.
   - Place dry gauze in a clean coffee cup, bowl or plate. Pour a small amount of pre-mixed vinegar solution onto gauze (enough to saturate the gauze, but it does not need to be dripping wet). Store the remainder of the solution in a covered dish or bottle. This may be stored in the refrigerator for a more soothing effect.
   - Soak treatment site for 3-5 minutes with diluted vinegar solution. Remove the gauze while it is *still damp*, using it to ***gently*** wipe the build up from your face.
   - Repeat every 3-4 hours for the first 24 hours, then every 6-10 hours for the next 3-5 days (on average). The number of soaks per day, and total days of soaks will depend on the amount of build-up (white/yellow film on skin) you have.
2. Apply a thin layer of **Stratacel** twice a day or after any vinegar soak. Let this dry before applying other products. This will create a breathable seal on your skin, and will help you heal faster as well as reduce the risk for scarring. A product usage guide has been included on a separate paper.
3. Let Stratacel dry. Apply a thin layer of **Alastin Skin Regenerating Nectar** up to 3 times per day or after any vinegar soak. This will help clear the build up from your skin, plus reduce swelling and redness.
4. Apply **Alastin Soothe + Protect Recovery Balm** after the Skin Nectar.
   - This should be used as frequently as desired (any time your skin feels dry or tight) or after any vinegar soak.
   - Promotes healing and prevents direct contact between treated tissue and air during the healing process. This provides critical moisture to your skin for healing.
   - If you feel this is "trapping the heat" when applied on the procedure day, wait to apply until the heat/burn sensation has dissipated.
5. Unless you are inside with the blinds closed, apply **sunscreen**. Elta MD (provided) is best. If you have another sunscreen with ONLY a physical block like zinc oxide, you may use it.
   - ***<u>AVOID DIRECT SUN EXPOSURE</u>*** **at all costs**. This is the most likely reason for post treatment hyperpigmentation or scarring.
   - Wear a protective hat, clothing, and SPF *at least* the first 4-6 weeks while outdoors, although prolonged exposure should be avoided
6. Beginning 8-12 hours after the procedure, gently wash your face 2-3 times a day (before the vinegar soaks) with a mild cleanser (such as Obagi).
7. Begin using **Obagi Clear and Blender** 5 days after your procedure. Apply this after vinegar soaks, but before other products.

- After healing is nearly complete, a moisturizer may be used instead of the thicker balms. Some patients transition to this around day 5, most patients transition later - around day 10-14.
- You may shower the next day, but avoid hot water/steam on treated area.
- ***<u>AVOID</u>*** **picking or aggressive scrubbing** of the exfoliating skin – allow it to gently exfoliate during the washing process. ***<u>Picking can cause scarring</u>.*** Avoid topical or manual exfoliation for 4-6 weeks.
- Sleeping with your head elevated (recliner is best, or extra pillows) the first few nights post treatment can help minimize swelling. You can request disposable pads from our office to cover your pillow/protect from the ointments.
- If your skin begins to itch, you may apply an over the counter hydrocortisone cream. If this doesn't help, call the office.
- Environmental effects on treated skin: Avoid dirty, dusty environments, hairsprays, and perfumes while skin is healing.
- You may use Oxygenetics medicated makeup 1-3 days post procedure. You may use mineral makeup (such as Jane Iredale) 7-10 days post procedure. Both brands are sold in our office.
- We rarely see reaction to the post care products. If you develop an abnormal reaction, contact your provider.

Please note that these are guidelines. Individual results may vary. Always consult your healthcare provider if you have a question.