

CO2 Laser Aftercare

0400 477 855

Don't pick. Don't scrub. Don't rush the process.

The night of

Leave your skin alone.

I recommend putting a clean towel or old pillowcase over your pillow for the first night, as your skin may release a little fluid or blood.

Sleep with your head slightly elevated to help reduce swelling.

If you wake with swelling, particularly around the eyes, don't panic. Use cool washers for approximately 15 minutes at a time as needed. Do not put ice directly onto your skin.

Avoid ibuprofen, naproxen and aspirin for the first 24 hours unless your doctor has specifically told you to take them. If you take any medication regularly, particularly blood thinners or aspirin, check with your doctor before making any changes.

Days 1 to 3

AM AND PM

- 1 Gently cleanse with Dermaviduals Total Cleansing Cream or your recommended Goat Milk pH5 Cleanser.
- 2 Apply a thin layer of the ointment in your kit. You only need a thin layer, don't cake it on like cake frosting!

Stay out of the sun as much as possible.

Days 4 to 7

AM AND PM

Stop using the ointment in your kit from Day 4.

- 1 Continue cleansing morning and night.
- 2 ASEA RENU 28 Revitalizing Redox Gel
- 3 Allow to dry for approximately 10 seconds
- 4 QV Sting-Free Ointment with Ceramides

You can also use: La Roche-Posay Cicaplast Baume B5+

You may wear makeup from Day 4 if your skin feels comfortable.

After day 7

If I have done a medium-depth treatment, I may want you to continue this gentle recovery routine for the full two weeks.

Do not exfoliate before two weeks.

Continue SPF 50+ every day.

What is not normal Please contact me promptly if you experience:

- Severe or increasing pain
- Swelling that continues to significantly worsen after the first 24 to 48 hours
- Blistering
- Increasing redness, heat or tenderness
- Pus or unusual discharge
- Significant bleeding
- Open or worsening areas of skin
- A fever or feeling generally unwell
- Anything that concerns you or feels very different from what we discussed

If you cannot reach me and you are worried, see your GP or go to your nearest emergency department. In an emergency, call 000.