



## eCO<sub>2</sub> FRACTIONAL LASER RESURFACING POST OP

### What should I expect after an eCO<sub>2</sub> Plus laser treatment?

- Oozing may occur for the first days after the procedure. Crusting or scabbing of the skin may occur shortly after any oozing. Do not pick at any scabs.
- Dry skin is usually reported 3-4 days post procedure and resolves with peeling. Peeling is normal and can occur 4-7 days after your procedure. Secondary round of peeling has been observed 1-2 weeks later. Do not pick at the peeling skin.
- Redness and swelling are also common. Swelling usually resolves within a week. Redness usually becomes faint by 1 month.
- Itching may occur as the skin resurfaces, which occurs around 3-5 days post procedure. Itching may last up to a week.
- You can review the pre and post op routine [here](#).

### **Post Treatment Care:**

- Follow the [recommended protocol](#) in the section below. For vinegar soak protocol see below.
- Avoid shaving until skin is no longer raw, dry, or scaly.

### **VINEGAR SOAKS PROTOCOL (DAY 0 - 7)**

- Wash hands thoroughly with soap, rinse and dry before the vinegar soaks.
- To make vinegar soaks add 2 tablespoons of white distilled vinegar to 16 oz. of cold distilled water.
- Place 5-10 gauzes inside a clean bowl and carefully add in vinegar water until all gauzes are saturated.
- Designate the non-dominant hand as the "clean" hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
- Use the gauze to gently pat off oozing/bleeding/occlusive ointment on the treated area(s).
- Use gentle pressure.
- Once the face is clean, use fresh vinegar soaked gauze and place them in contact with the treated areas of skin for at least 5 minutes. Soak longer for areas with crusting.
- Gently rinse face with cool water and pat dry.
- Always apply occlusive ointment (Alastin Soothe and Recovery Balm) over the entire treated area after the vinegar soaks.

### **POST OP DAY 0 AND DAY 1:**

- Do not shower.
- Keep the treated area covered with [Alastin Soothe and Recovery Balm](#).
- If any oozing, dab gently with clean 4x4 gauze if needed.
- Reapply Alastin Soothe and Recovery Balm as needed.
- Ice packs may be applied ON-TOP of moistened gauze (use distilled water).
- After icing, reapply Alastin Soothe and Recovery Balm as needed.
- **PLEASE NOTE: DO NOT APPLY ICE PACKS DIRECTLY TO SKIN.**
- If desired, you may spray water mist on skin using distilled or spring water.
- You may take Acetaminophen for discomfort.
- Sleep on 2 pillows or in a recliner at night, lying on your back if possible, to reduce swelling and promote healing. You may want to cover your pillow with a towel to prevent staining from ointment.
- Begin vinegar soaks every 2 hours while awake with a prepared solution by doing the protocol on the last page.

### **POST OP DAY 2 AND DAY 3:**

- It is okay to shower once you are 48 hours out from your procedure, but use lukewarm water to avoid generating steam and avoid direct pressure to the treated areas.
- You may wash your face as below but use fingertips only, be gentle, and pat dry.
- **DO NOT PICK ANY CRUSTING AS THIS CAN LEAD TO SCARRING.**
- Decrease the frequency of vinegar soaks to every 4 hours.
- Continue to apply Alastin Soothe and Recovery Balm after each vinegar soak.
- Generally, ensure the treated areas are covered with Alastin Soothe and Recovery Balm.
- You may take Acetaminophen for discomfort.
- Sleep on 2 pillows or in a recliner at night, lying on your back if possible, to reduce swelling and promote healing. You may want to cover your pillow with a towel to prevent staining from ointment.
- Follow recommended skincare routine below:

### ■ **RECOMMENDED SKINCARE ROUTINE (Same for DAY 2-7)**

- **AM**



- Cleanse with Ultra Calm Cleansing Cream.
  - Apply Regenerating Skin Nectar with TriHex Technology®.
  - Apply Soothe + Protect Recovery Balm.
- **PM**
  - Cleanse with Ultra Calm Cleansing Cream.
  - Apply Regenerating Skin Nectar with TriHex Technology®.
  - Apply Soothe + Protect Recovery Balm.
- **Post Procedure DAY 4-7:**
  - Decrease frequency of vinegar soaks to 3 times per day instead of every four hours
  - Proceed with all other post op care found in Day 2 and Day 3.
  - Continue with recommended skincare routine
- **Post Procedure DAY 8-11**
  - If you have any remaining dry, rough patches, you can spot treat with the occlusive ointment (Alastin Soothe and Recovery Balm), as needed
  - Stop vinegar soaks
  - Recommended skincare routine:
- **Recommended Skin care (DAY 8-11)**
  - **AM**
    - Cleanse with Ultra Calm Cleansing Cream.
    - Apply Regenerating Skin Nectar with TriHex Technology®.
    - Apply Ultra Light Moisturizer with TriHex Technology®.
    - Apply SilkSHIELD All-Mineral SPF 30 with TriHex Technology®.
  - **PM**
    - Cleanse with Ultra Calm Cleansing Cream.
    - Apply Regenerating Skin Nectar with TriHex Technology®.
    - Apply Ultra Light Moisturizer with TriHex Technology®.
  - **As Needed**
    - Mineral makeup can be used on top of sunscreen as needed.
    - Mineral makeup ensures you maintain clear pores, and allows your skin to breathe and heal properly over time.
- **Post Procedure Care Days 12 and Beyond**
  - Return to the recommended skincare routine.
  - Minimize sun exposure.
  - Continue sun protection such as a hat, sunglasses, and the recommended sunscreen.
  - You may resume exercise. Your skin will appear red/flushed with exercise.
- **Recommended Skin care (Days 12 and Beyond)**
  - **AM**
    - Cleanse with recommended cleanser.
    - Use recommended skincare products.
    - Use recommended moisturizer.
    - Apply recommended mineral sunscreen (should be at least SPF 30)
  - **PM**
    - Cleanse with recommended cleanser.
    - Use recommended skincare products.
    - Use recommended moisturizer
  - **As Needed**
    - Mineral makeup can be used on top of sunscreen as needed.
    - Mineral makeup ensures you maintain clear pores, and allows your skin to breathe and heal properly over time.