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Meta Description: Co2 Laser Recovery: Learn more about what to expect with this popular skin rejuvenation treatment, including aftercare tips to ensure optimal results.

H1: Co2 Laser Recovery: What to Expect

Co2 laser skin resurfacing is one of the best options you can choose for ultimate skin rejuvenation. This treatment is intended to turn back the clock and dramatically enhance skin texture, tone, and overall appearance. When considering this treatment, you should be mindful of the healing process. While downtime can be inconvenient, it is an essential part of recovery.

After getting a Fractional CO2 laser treatment, recovery varies for everyone. The intensity of the treatment, as well as your healing ability, both impact the recovery process. Therefore, it is important to follow proper aftercare steps. This allows your skin to regenerate and heal itself, resulting in optimal results. Aftercare steps also help minimize any potential side effects. Therefore, patience is crucial as you give your skin the time it needs to heal fully.

Keep reading to get a better idea about what to expect with [Co2 laser skin resurfacing](#) recovery and the aftercare you should follow to ensure beautiful results.

H2: Recovery in the First Week Post-Co2 Laser Skin Resurfacing

After CO2 laser skin resurfacing, healing and recovery time lasts anywhere from one to three weeks, with most of the redness and swelling occurring in the first week. Here is what you can expect recovery to look like in the first week following your treatment.

Right after your treatment, your skin will look and feel like you have a bad sunburn. It may be red, swollen, and a bit painful. However, this feeling will eventually subside during the healing process. A non-stick dressing is applied to your skin, as well as antibacterial ointment. We recommend leaving these in place for at least 24 hours.

You will need to rest and keep your face clean and moisturized. This may include cleansing your face up to three times a day with a gentle facial cleanser. You will also need to re-apply any special anesthetic ointments. This will help keep the area hydrated and protected from pollutants in the air as your skin heals. In the next few days, your skin will start to peel. It may look a bit raw. However, this is normal. New pink skin is visible as soon as 5 days after your procedure.

While your skin is peeling and shedding, you should avoid picking or scrubbing the treated area. This will prevent the risk of infection or scarring. Instead, gently allow your skin to exfoliate with

the cleansing process. You should also refrain from activities that emit excessive heat. These include things like hot showers, steam rooms, saunas, and exercise that causes heavy sweating. Excessive heat can irritate your skin and slow down the healing process.

Lastly, you should try to avoid sun exposure. Exposure to the sun slows down the healing process. It can lead to negative results and unwanted pigmentation changes. Therefore, protecting your skin from the sun is vital to your recovery. You should protect the treated area from the sun by wearing a wide-brimmed hat and applying sunscreen with at least SPF 30 starting the fourth day following your treatment.

H2: Recovery in the First Month Post-Co2 Laser Skin Resurfacing

Most of the peeling and redness should be gone by the second and third week. Your skin may still look pink, but it's slowly improving. You can gradually go back to your regular skincare routine. However, make sure to use gentle products recommended by your provider. By the end of the first month, your skin should look much better than before the treatment. It's important to continue protecting your skin from the sun with sunscreen. This will ensure your results are long-lasting and prevent any skin discoloration.

H2: Co2 Laser Skin Resurfacing Aftercare FAQs

H3: How To Sleep After Co2 Skin Resurfacing Procedure

You should avoid sleeping flat on your back for the first 2-3 days following your treatment. Instead, sleep with your head elevated using pillows to elevate your head above the heart. Doing this will help minimize any swelling.

H3: How Soon After Laser Skin Resurfacing Can I Work Out?

After getting CO2 laser skin resurfacing, you'll need to wait a bit before working out. You should usually wait about 1 to 2 weeks before you can start working out again. It's important to let your skin heal during this time. Sweating and intense exercise can irritate your skin and slow healing. So, take it easy for a little while, and when your doctor gives you the green light, you can return to your regular workouts. Remember to listen to your body and not push too hard when you do start exercising again. Your skin will thank you for it!

H3: How Long After Co2 Resurfacing Can I Wear Makeup?

After getting CO2 laser skin resurfacing, you'll need to be patient before wearing makeup. You should typically wait about 1 to 2 weeks before applying makeup to your treated skin. Right after the procedure, your skin will be healing. Therefore, putting makeup on it too soon can cause irritation and infection. Your provider will let you know when using makeup again is safe. When that time comes, make sure to use clean, gentle products such as mineral makeup that won't harm your healing skin. It's important to follow your doctor's advice for the best results.

H2: Co2 Skin Resurfacing in Babylon, New York

If you're considering a skin rejuvenation treatment in Babylon, New York, to enhance your complexion and achieve glowing results, Co2 laser skin resurfacing is a great option. Learn more about this transformational aesthetic procedure by reaching out to Shore Medical Aesthetics to schedule your complimentary consultation with our experienced staff.

Call us at (516) 690-7546 or visit us online to learn more about how skin resurfacing can dramatically improve your complexion and enjoy a more youthful appearance for years to come.