



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

CO2 Laser Treatment Before and After Instructions

These are some of the situations where you should be aware of to avoid and are some conditions that are contraindicated in having a CO2 laser resurfacing:

- Current or history of cancer, especially malignant melanoma, or recurrent non-melanoma skin cancer, or pre-cancerous lesions such as multiple dysplastic nevi.
- Any active infection.
- Disease which may be stimulated by light at 560nm to 1200nm, such as history of recurrent Herpes simplex, systemic lupus erythematosus, or porphyria.
- Use of photosensitive medication and / or herbs that may cause sensitivity to 560-1200m light exposure such as isotretinoin, tetracycline, or St John's Wort (Best Avoided for at least one year before your resurfacing).
- Immunosuppressive disease, including AIDS and HIV infection, or use of immunosuppressive medications.
- Patient history of Hormonal or endocrine disorders, such as polycystic ovary syndrome or diabetes, unless under control.
- History of bleeding coagulopathies, or use of anticoagulants.
- History of keloid or hypertrophic scarring.
- Very dry skin.
- Exposure to sun or artificial tanning during the 3-4 weeks prior to treatment. Sunblock should be applied 2 weeks or more before your procedure using a product that is sensitive for the skin and contains titanium dioxide or zinc oxide-containing sunblock.
- Skin type V1 or very dark, black skin types
- Pregnancy and nursing.
- Ectropion, outward turning of the lower eyelid and excessively dry eyes, previous lower blepharoplasty.
- koebnerizing diseases, prior radiation therapy leading to a loss of adnexal structures, extensive fibrosis resulting from prior cosmetic treatments (e.g., dermabrasion, deep chemical peels, silicone injections).

Before your laser treatment:

- Have on hand:
 - Cetaphil or SkinMedica Sensitive Cleanser or other gentle cleanser
 - White vinegar for post-treatment cleaning
 - Vaseline
 - Hydrocortisone 1% OTC, and
 - Oral Benadryl
 - SPF 30, such as SkinMedica Environmental Defense
 - Gentle moisturizer, such as SkinMedica TNS Ceramide Treatment Cream



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- Mineral makeup
- Frozen washcloths (dip washcloths in water, fold and place in freezer)
- You may also wish to have on hand:
 - Eye lubricant, such as Systane or Lacrilube
- You will be prescribed the following medication or other medicines, based on your needs: Tretinoin (RetinA), Hydroquinone, Tylenol #3, Keflex or Clindamycin, and Valtrex.
- 4 weeks before treatment, read through the medication information at www.rxlist.com to see if there is any reason you should not use these topical medications: Tretinoin (RetinA) and Hydroquinone.
- Start ONE of these prescriptions, applying a light layer and waiting several days for all of the redness to go away before starting the next coat. Repeat until able to use as directed below. After the first medication is tolerated at max doses, then start the next medication in the same way. Both of these medications should eventually be used at the same time:
 - Apply Tretinoin (RetinA) 0.025% gel at night (Qhs); it will be in a 45g tube.
 - Apply Hydroquinone 4% gel build up to twice a day (morning and night); 45g tube.Do NOT expose your skin to sun. Make sure to apply SPF 20 or greater daily. Do not use self-tanning products.
- 2 weeks before your treatment you should slow down on alcohol consumption
- 3 days before your laser treatment, start Valtrex 500mg orally (po) twice daily (bid) and continue for a total of 10 days.
- 2 days before your treatment:
 - STOP the Tretinoin and Hydroquinone;
 - Continue taking the anti-viral medication (usually Valtrex).
- 1 day before your treatment: Do NOT consume alcohol.
- On the day of your procedure, come to the office with a clean face; no eye make-up, no lotion, no sunscreen. Be sure to be on time. You may need extra time for topical anesthetic. Do not wear contact lenses. You will want someone to drive you home.
- 1 hour before the treatment, you will take antibiotics, either:
 - Keflex 500 mg orally 4 times a day (po qid) and continue for 7 days;
 - If you are allergic to Penicillin or Cephalosporins, you might be prescribed Clindamycin 300 mg orally 4 times a day (po qid).



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After your laser treatment:

- Be prepared for swollen eyes, crustiness, peeling and itching for several days after the procedures. Day by day improvement is exciting, but the first 4-5 days can be challenging.
- Keep the area cool with cold compresses. Avoid direct sunlight walking to your car.
- Turn on the air conditioner and aim it at your treated area for the ride home.
- If you wear glasses, place a piece of gauze between the bridge of your nose and glasses to avoid irritation.
- You can start taking your pain medication, but do not take so much as to make you drowsy. Keep your pain level around 3-4 on a scale of 10, where 10 is the worst pain that you have ever experienced in your life and 0 is no pain. You should not have your pain at level 0. This could be a dangerous amount of pain medication that you are using to keep your pain at this level.
- You can shower but never let the water directly hit the areas that were exposed to the laser and should avoid hot temperatures but keep it luke warm for the first 2 weeks
- You should avoid hot (temperature) and spicy foods and keep everything bland in your diet for the first 2 weeks
- You should never remove the crusts by peeling them off, they should fall off naturally with your constant cleansing of your skin as described below.

First 2-4 hours after treatment:

- You can take an analgesic (e.g., Acetaminophen) for discomfort. We will also prescribe a pain medication for you to take if needed.
- Apply cool compresses to treated areas, but try to avoid direct contact to skin. Put a cloth between the cooling agent and the skin. You can ice your treated areas 15min every hour.
- You may blow air from a fan to help with the cooling.
- When intense heat subsides, start cleaning:
- Wash your face 3-4 times a day and more if you have more crusting, by lathering your hands with Cetaphil or gentle cleanser. Pat the soap on your face without any rubbing. Rinse off gently with water.
- Rinse with a wash of 1-3 teaspoons of vinegar in 1 quart of water. Do this rinse 3-4 times a day or more if you have more crusting. As you wash, the crusts become more hydrated and are more likely to fall off. Crusting can cause infections and scarring so it is important to hydrate them so they can fall off.
- Apply a light coat of Vaseline to cover the treated areas for 1-2 weeks until your skin has healed over and the peeling has finished
- Never take off the peeling skin; it should fall off on its own.
- You can shower the day after -- but do not let the shower water directly hit your face which can lead to the skin being peeled off forcefully and cause scarring.
- Start taking your antibiotics and continue antivirals until you finish them.



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- Do not use any active or harsh products for at least 3 to 4 weeks after your treatment. The surface skin is brand new and needs to normalize.

First Night

- Wash your face using gentle cleanser lather patted gently on the skin rinsing with cool water. Never rub or massage the treated area, as this could lead to scarring. Rinsing with vinegar water solution to prevent infections and help healing. Always apply Vaseline at all times for the first 1-2 weeks to help the skin heal.
- Place a towel over the pillow to protect from Vaseline (occlusive ointment).
- Sleep on your back with your head slightly elevated; continue this for every night until swelling subsides.
- If you experience eye irritation, use eye lubricant, such as Systane or Lacrilube before you go to sleep at night. You can also apply artificial tears on a half hour or hourly basis during the healing process for eye irritation.

Day 1 (First day after treatment)

- Stay indoors and avoid direct sunlight.
- Continue washing your face 3-4 times a day and more if you have more crusting with a gentle cleanser lather patted gently on the skin rinsing with cool water. Never rub or massage the treated area, as this could lead to scarring. You can then apply the vinegar disinfectant solution.
- You can take a lukewarm shower and wash your hair, but do not let the water hit your treated area, which could force off the skin and lead to scarring.
- Do not remove the flaking, peeling skin.
- Re-apply a light coat of Vaseline to the treated area after each cleaning.
- Drink lots of liquids and eat healthy foods. Avoid alcohol.
- Avoid exercising until your face is healed.
- You should avoid sun exposure as much as you can for the first 6 months.

Day 2

- Continue washing your face up to 4 times a day and more if you have more crusting and rinsing with vinegar water solution to prevent infections and help healing. Always apply Vaseline at all times for the first 1-2 weeks to help the skin heal.
- Itching, particularly along the jaw-line, tends to begin on this day. Hydrocortisone 1% OTC and oral Benadryl may reduce itching.
- Avoid picking or scratching, which could lead to scarring.

Day 3

- Continue washing your face up to 4 times a day and more if you have more crusting and rinsing with vinegar water, and applying Vaseline.
- Itching may persist.



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- The central area of the face will begin exfoliating today, leaving behind soft pink tissue.

Day 4 - 7

- Itching has usually subsided.
- Continue your cleaning regime and continue applying the light coat of Vaseline.

Day 7

- You can begin to transition from Vaseline to a non-occlusive gentle moisturizer, such as Skin Medica TNS Ceramide Treatment Cream
- If you are ever unsure about your products, you can call Dr Young and ask him
- Continue your cleaning regime

Day 10

- If the treated area is healed, then you can start your regular skin care program but check with Dr Young first, provided you do NOT use harsh, active, acidic products for up to 4 weeks after your treatment (do not use Prevege, RetinA, hydroquinone etc.). After 4 weeks, check with Dr. Young to see if you can re-start the Tretinoin and Hydroquinone.
- Start applying a non-irritating sunscreen with titanium dioxide or parsol 1789 and apply mineral makeup to protect treated areas
- Avoid excessive sun exposure for the first 6 weeks – although avoiding sun for 6 months would be better, if possible. Hat and clothing can help protect treated areas.
- Slowly start your exercise program.

Call Dr. Young at 425.990.3223, if you have any question.