

morpheus

MEDICAL AESTHETICS

CO2 LASER TREATMENT PRE AND POST-PROCEDURE CARE

PRE-PROCEDURE:

1. You must have been using Hydroquinone (HQ) consistently for at least 4 weeks.
2. Ideally, you should have used the ZO GSR Kit for 4-6 weeks.
3. Do not take antibiotics within the last 2 weeks before the procedure.
4. Avoid blood thinners for at least 2 weeks before the procedure.

After a CO2 laser treatment, proper post-care is essential to ensure optimal healing, reduce complications, and enhance the results.

POST-PROCEDURE:

1. Keep the Treated Area Clean
 - Clean the area gently: Use a gentle cleanser 24 hrs post treatment to cleanse the skin. Wash the treated skin with lukewarm water and avoid scrubbing. Pat dry with a clean towel after cleansing.
 - Use the vinegar solution every 2-3 hours for 2-3 days post procedure to soothe the skin and to help soak off any scabs.
 - Avoid using harsh skincare products (e.g., exfoliants, retinoids) for at least 2 weeks.
2. Moisturize the Skin
 - Apply Alastin Skin nectar twice daily after cleansing to promote healing for 2 weeks.
 - Apply Alastin soothe + protect balm to prevent scabbing and promote healing for the first 4 days post treatment. Reapply any time your skin is feeling dry.
 - Resume hydroquinone cream after skin is no longer open, about 4 days post procedure.
3. Sun Protection
 - Avoid direct sun exposure for at least 4-6 weeks.
 - Always apply a broad-spectrum sunscreen with SPF 30 or higher if you must go outside, even on cloudy days. You can start using sunscreen 24hrs after treatment. It must be a mineral only sunscreen, consisting of only zinc oxide and titanium dioxide.
 - Wear a wide-brimmed hat or use an umbrella to shield the treated skin from sunlight.
4. Avoid Picking or Scratching
 - Do not pick, peel, or scratch the skin, as this can lead to scarring or infection.
 - If you notice any crusting or scabbing, allow it to fall off naturally.
5. Swelling and Redness
 - Swelling and redness are common for a few days after the treatment. Apply vinegar compress for 10-15 minutes to soothe the area if necessary (This only applies to a CO2 deep treatment).
 - Elevate your head while sleeping to reduce swelling.

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POST-PROCEDURE (COT'D):

6. Limit Activity

- Avoid strenuous exercise or activities that cause excessive sweating for at least a week, as sweating can irritate the treated area.
- No swimming in pools, saunas, or hot tubs for at least two weeks.

7. Pain and Discomfort

- Over-the-counter pain relievers like acetaminophen (Tylenol) can help with any discomfort.
- Cool compresses can be applied to relieve inflammation and heat.

8. Healing Process

- Peeling or flaking of the treated area is expected as the skin heals. It typically begins around 3-5 days post-treatment and can last up to 2 weeks.
- The treated area will appear red for several days to weeks, depending on the depth of the treatment, but this should gradually subside.

9. Avoid Makeup

- Avoid applying makeup until the skin is fully healed, generally about 7-10 days after the procedure.
- If makeup is allowed, use non-comedogenic and hypoallergenic products.

10. Follow-Up Appointments

- Attend all follow-up appointments as instructed by your provider to monitor healing and assess your progress.
- Contact your practitioner if you notice signs of infection (increased redness, pus, or severe pain), as timely intervention may be required.

11. Diet and Hydration

- Drink plenty of water to stay hydrated and support the skin's healing process.
- Eat a healthy diet rich in antioxidants, vitamins (like Vitamin C), and minerals to promote skin repair.

12. Signs of Complications

- Increased redness, swelling, pain, or a feeling of heat beyond the first few days may be signs of infection or complications.
- Blistering or excessive scarring can also be signs of issues, and you should contact your healthcare provider immediately.

It's crucial to follow these instructions closely to minimize the risk of side effects and ensure the best results after your CO2 laser treatment.