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## **CO2 (CoolPeel/Tetra) Pre and Post Treatment Instructions**

### PRE TREATMENT

- Cold Sores? Notify our front desk by phone at 808-339-3595 if you have a history of cold sores (herpes infections) for a prescription for antiviral medication at least 72 hours before your scheduled treatment. You will be instructed to start the medication the night before the treatment and will continue taking it for 6-7 days after your treatment.
- NO SUN! Sun and UV lamp exposure should be avoided for one month prior to treatment for full face CO2 laser. You will be charged a cancellation fee if we do not receive at least 24 hours' notice to cancel your appointment due to sunburn.
- If you tend to hyperpigment, please notify us 2 to 4 weeks in advance so we can prescribe a melanin suppressor for you to apply prior to your treatment.
- Stainless steel ocular shields may be inserted for safety measures when the area around the eyes is treated. Please remove contact lenses prior to your arrival.
- Topical numbing ointment will be applied prior to your treatment. You must plan to arrive 45-60 minutes before your scheduled appointment to wash the treatment area and apply topical Lidocaine 23%/Tetracaine 7% or BLT ointment.
- Bring one tablet of any over-the-counter antihistamine to take 1 hour before the procedure (suggested).
- If you have a long ride home, bring a cooler of ice in baggies for afterwards.
- Purchase a bottle of white vinegar for dilute vinegar soaks. Use freshly laundered small cotton washcloths to apply the vinegar soaks. Do not use fabric softener or dryer sheets on the washcloths.
- Stop all prescription or over the counter retinoids, retinols, or any other anti-aging products. Stop bleaching products 5 days prior to your treatment.
- Avoid waxing for 1 week before and 4-8 weeks after treatment.
- Make sure to really hydrate with water before and after the treatment!
- Morning of the procedure arrive on time for your laser treatment with freshly cleaned skin. Male patients should shave the morning of their treatment. Do not

wear contact lenses or jewelry during your treatment if your face is the intended treatment area. If needed, bring your eyeglasses.

- Eat a solid meal. Dress in comfortable clothes with a loose-fitting, low-cut shirt if treating the chest, or neck areas.

## CONTRAINDICATIONS

- Sun Exposure, not less than 2.5 weeks prior to treatment
- We absolutely cannot apply treatment over sunburned, actively infected, broken skin, active rashes, raw or irritated skin.
- Medications that cause light sensitivity
- No Accutane use in the past six-month period.
- Retinoids
- Anticoagulants
- History of Keloid Scarring
- History of Infection
- Compromised Immune System
- Any history of vitiligo, scleroderma, lupus
- Any conditions triggered by the sun or heat
- Collagen disorders, radiation treatment to the treatment area(s), psoriasis, scarring
- Pregnancy / Nursing
- Active Infections in the TX Area
- Skin Cancer / Pre-Cancerous Lesions in TX Area
- Active Cold Sores/Open Lacerations
- Tattoo in TX Area
- Abnormal Moles / Skin Conditions
- Present Rash
- Please notify the office no less than 24 hours prior to your treatment if you have any open sores, or any other of the above contraindications in the areas we will be treating as it may require rescheduling your treatment.

## POST TREATMENT

Heat Sensation and Swelling:

- ICE: You will have a "hot" or sun-burned feeling for the first few hours after treatment and the cold packs help greatly. After that, most patients do not usually experience any real discomfort, although you may continue to have a tight, swollen, flushed or sunburned sensation for up to 12 hours. Ice is your best friend; you cannot ice too much (20 min at a time)!! More aggressive treatments may have more discomfort, heat and swelling. Some people have a strong inflammatory response, even the lightest settings can produce the same.

- ANTIHISTAMINE: If swelling or itching is present, in addition to ice compresses you can take any over the counter antihistamines such as 25-50 mg of Benadryl at night (sedating) or Allegra (fexofenadine)180mg (nonsedating), Zyrtec 10mg once a day (nonsedating) to help.
- SEVERE SWELLING: If swelling is severe (rare), please notify the office.
- ELEVATE: During the first few nights it may be helpful to reduce swelling by sleeping on your back, with a few clean pillows to elevate your head.
- NSAID: Advil (ibuprofen) 400 mg every 4-6 hours or Aleve (naproxen) 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling (if you have no medical reason to avoid them).
- H2O: Make sure to really hydrate with water before and after the treatment!

#### Cleansing Your Skin:

- Keep Skin Clean, Protected and Moist. You can gently wash your face every 6 hours while awake beginning the first day of your CO2 laser treatment, using luke-warm or cool water and gentle cleanser only. Let the cleanser take off any debris gently with your fingertips while washing. Do not rub, scratch, scrub or wash aggressively with your fingers or a washcloth. Do not use anything abrasive or exfoliating on the treated area(s) such as a loofah, facial brush, Clarisonic or ultrasonic cleaners, sponge, or any other soap applicator for at least 4 weeks after treatment. Do not use hot water, anti-aging or aggressive washes or cleansers for at least 4 weeks after treatment, or when your skin feels like it is completely healed and back to its baseline condition.
- You may shower that night or the next day and wash hair but avoid excessively hot water for at least 3 days.
- We recommend vinegar soaks several times a day for the first 72 hours. They help with itching, clean the skin, help prevent infections and help the pigment/skin shedding / sloughing process. Mix two tablespoons of white vinegar with 2 cups of cold water. Then soak a washcloth in the solution and press against the treated area(s) with the cloth for 10-20 minutes. Avoid eye exposures. You can rinse off the vinegar solution with clean cool or luke-warm water. We recommend mixing the vinegar solution and storing in the refrigerator.
- After washing, apply a gentle ointment (Elta MD Moisturizer, Aquaphor etc) or non comedogenic cream (Mahina, CeraVe or Cetaphil) with clean hands as often as necessary to keep a thin layer on constantly for at least the first 72 hours. We sell gentle cleansers and moisturizers at Koru Medical Spa

#### Post Treatment Skin Changes:

- Some people can develop little pustules or pimples the first 24-72 hours. It's also not uncommon to experience flare-ups of acne or formations of milia (tiny white bumps on the skin) 2-3 weeks later. If these develop, please do not touch them, or try to pop them because you can cause infection and possibly scarring!

- Your skin will go from pink to dark pink and become dry with fine flaking over the next 3-7 days. The degree of pink depends on the aggressiveness of the treatment as well as your inflammatory response. The laser delivers energy into the skin in the shape of a square or rectangle generally. Your skin will possibly have little pink/red square or grid marks from overlapped areas and other areas that look like they have been skipped over or untreated. This is expected.
- It is normal for your skin to have lighter and darker areas as it heals. The skin will likely heal unevenly, with the eyes, mouth, chest, neck, and hand areas taking longer to heal.

#### Makeup Post Treatment:

- Clean mineral makeup or mineral tinted sunscreen can be applied over the treated areas after 48 hours (for Cool Peel, not Tetra). If you received a more aggressive Tetra CO2 treatment, do not apply makeup until the skin has completely healed and is no longer dry (7-10 days). Eye makeup may be worn after 36 hours if eyelid swelling is not present or may be resumed after the swelling has resolved. Do not use contaminated or dirty/used makeup brushes, sponges or other reusable makeup applicators when applying makeup, use only single use, clean, disposable applicators for the first 2 weeks.

#### AFTER 72 HOURS Post-Care:

- Continue to keep Skin Clean, Protected and Moist Do not rub, scratch, or pick at your skin as it begins to get dry and flaky. NO use of scrubs, anti-aging products, acne products, retinoids, acids, exfoliation, microdermabrasion, chemical peels, micro-needling or any other exfoliative or anti-aging treatments for at least 4 weeks. Protect your investment!!
- No unprotected sun exposure until all pinkness is gone and then for at least 4 weeks after that (preferably forever), as it can cause permanent scarring and pigmentation changes. Wear a physical mineral only sunblock containing only zinc and/or titanium, beginning the next day after treatment. Reapply every 60-90 minutes when outside and use large-brimmed hats when able.
- No waxing of the treated area for at least 4 weeks after treatment.

#### EXPECTATIONS

##### Just to Reiterate:

- Redness and swelling WILL HAPPEN! For a few it may be moderate to severe. Depending on your body's inflammatory response, your eyelids could swell almost to the point of closure and this can happen even with the lowest settings.
- Remember it is normal to look worse DAYS 2-3 after the procedure! However, if blistering, extreme redness and swelling, signs of burns, ulcers, infection, smell,

or anything you are concerned about occurs, notify Koru Medical Spa immediately.

**Abnormal Healing:**

- If you notice any blisters, burns, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us immediately. Questions/Concerns. Post-treatment healing varies from patient to patient.