

GENERAL CO2 POST-PROCEDURE INSTRUCTIONS

These are general guidelines. Specific detailed instructions are included in a separate handout.

1. The most important rule is to keep your skin as moist as possible and to avoid crusting (scabbing) by applying the recommended ointments. This will help with healing and minimize pain and itching. Reapply as often as needed.
2. Do not pick, scrub, or rub the treated areas. Try to keep your hands off your face to avoid infection.
3. You may take Tylenol or acetaminophen for pain.
4. Wash your hands prior to contact with your treated skin.
5. Sleep with your head elevated with 2-3 pillows for the first few nights to decrease swelling.
6. Avoid hot water to treated areas. When showering, avoid having shampoo touch treated areas.
7. Rest! Avoid exercise and heavy lifting for 1 week.
8. Avoid dirty, smoky, dusty environments.
9. Avoid excessive salt.
10. No smoking until your skin has healed completely.
11. Avoid the sun for 1 week. Wear a hat and sunglasses if you go outdoors. Do not tan for 6 months after the procedure. A zinc sunscreen of SPF 30 or higher should be applied everyday.

Call the office if signs of infection such as drainage of pus, fever, increased pain, multiple pustules, and excessive bleeding.