

SMARTSKIN CO2 PATIENT INSTRUCTIONS

3 Weeks Before Procedure:

- Avoid facial waxing, chemical peels, or microdermabrasion.
- Avoid tanning and make sure to wear a sunscreen with SPF 30 or greater daily.

1 Week Before Procedure:

- Stop all aspirin and NSAIDS (Ibuprofen/Motrin, Advil, Aleve, Naproxen), Vitamin E, Fish Oil, Garlic, Gingko Biloba, St. John's Wort and any other products which increases bleeding and bruising. *If you are on Plavix or Coumadin, you must consult your PCP first.*
 - Stop Retin-A and Retinol products (Differin, Tazorac, Tretinoin), glycolic and alpha-hydroxy products.
 - Stay out of the sun.
 - Stop smoking now and until your skin has healed completely.
 - Purchase Aquaphor Healing Ointment 1.75oz and Cetaphil Gentle Cleanser at drugstore.
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Day Before Procedure:

- Prepare large container (i.e. gallon or quart size) of vinegar and water mixture, cover and refrigerate to use cold following your laser procedure.
1 cup = 1 cup water and 2 tsp vinegar
1 quart = 4 cups water and 8 tsp vinegar
1 gallon = 16 cups water and 2/3 cup vinegar
- Have plenty of clean washcloths available for vinegar and water compresses following your procedure. **DO NOT** rub your face with the washcloth.
- Divide frozen corn into individual sandwich-size baggies for icing following your procedure.

Morning:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Lunch:

Take 1 Cephalexin tablet

Dinner:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Bedtime:

Take 1 Cephalexin tablet
Take 1 Diflucan tablet

Day of Procedure:

- Optional: Take 1 Ativan and/or 1 Norco 1 hour before your procedure if this was discussed with your provider. You must have a driver if you choose this option.
- As soon as you arrive home, begin vinegar and water compresses 2-3 times per hour until bedtime.
- Ice with prepared corn baggies every 2 hours for 20 minutes.
- Cover area with Aquaphor Ointment as often as needed to keep skin moist/greasy.
- Rest and avoid strenuous activity and exercise for 1 week.
- Sleep with your head elevated for 1 week.

Expect: Swelling, burning, stinging, oozing, redness, pinpoint bleeding, grid-like pattern on skin.

Morning:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Lunch:

Take 1 Cephalexin tablet

Dinner:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Bedtime:

Take 1 Cephalexin tablet

Day 1 After Procedure:

- Continue vinegar and water compresses 2-3 times per hour until bedtime.
- Cleanse skin twice daily using Cetaphil Gentle Cleanser. Pat skin dry.
DO NOT RUB.
- Cover area with Aquaphor and reapply as needed to keep skin moist.

Expect: Swelling, redness, and tiny scabs from blood.

Morning:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Lunch:

Take 1 Cephalexin tablet

Dinner:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Bedtime:

Take 1 Cephalexin tablet

Day 2-4 After Procedure:

- Continue vinegar and water compresses as needed to soothe skin.
- Cleanse skin twice daily using Cetaphil Gentle Cleanser.
- Then cover area with a thick white layer of Biafine Topical Emulsion (included in your kit) and reapply to keep skin moist.

Expect: Itching, swelling, redness, peeling skin. Do not scratch, pick or rub!

Morning:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Lunch:

Take 1 Cephalexin tablet

Dinner:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Bedtime:

Take 1 Cephalexin tablet

Day 5-7 After Procedure:

- Cleanse skin twice daily with Cetaphil Gentle Cleanser.
- Cover area with thin layer of Biafine and rub in.
- We will see you for a 5 day post procedure appointment. At this appointment, you will receive an additional skin care product kit and instructions on how to use them.
- Apply Colorescience Even-up SPF50 (Sunscreen with make-up; included in your kit)
- Reapply sunscreen with your Colorescience Sunforgettable SPF 50 brush during the day at least every two hours (included in your kit).

Expect: Redness

Morning:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Lunch:

Take 1 Cephalexin tablet

Dinner:

Take 1 Cephalexin tablet
Take 2 Valacyclovir tablets

Bedtime:

Take 1 Cephalexin tablet

After Day 7:

- Cleanse skin twice daily with Cetaphil Gentle Cleanser.
- Apply TNS Recovery Complex (included in kit) twice daily.
- Apply Moisturizing Cream (if dry).
- Apply Colorescience Even-Up SPF50 in the morning and reapply Colorescience Sunforgettable SPF 50 brush throughout the day.
- You may begin wearing make-up again.
- You may begin exercise again.

After Day 14:

- You may begin your normal skin care routine including retinol and glycolic products.
- One month post procedure, you may begin to use your Clarisonic skin brush, scrubs or washcloth.

You have just spent time and money to change the future look and health of your skin. Increase the longevity of your results by asking our product specialist, Carly Summers, to put together a medical grade skin care regimen that fits your lifestyle.

