

## **Standard Ablative Post-treatment (CO2 Laser)**

Follow these instructions explicitly; do not use anything other than what is instructed on this sheet.

**Vinegar Soak: Mix 1 tsp white vinegar per 2 cups of tap water and place in an air-tight container in refrigerator with small, soft washcloths. Soak treated area with cold, diluted soaks for at least 15 minutes 3–4 times a day. After soaks, gently wipe away crusting with soft washcloth, and apply a quarter-sized amount of Aquaphor mixed with 2-3 pumps TNS or small amount Aloecort.**

### **During the first 24 hours post-treatment**

Your skin may look discolored and appear pink and shiny to gray. Significant swelling is expected. Expect your skin to feel rough and have crusting and weeping for an average of 4-5 days.

Use ice/cold packs up to every two hours for 20 minutes maximum for swelling and discomfort.

Soak with vinegar wash clothes and wipe away crusting 3-4 times a day before applying occlusive ointment. (Aquaphor and TNS/Aloecort)

Apply treated areas with moisturizing ointment (Aquaphor and TNS/Aloecort) as often as needed.

### **Days 1 through 3 post-treatment**

Continue taking medications as directed by your physician.

Your skin may feel sensitive and will have a red and swollen appearance.

Continue vinegar soaks and keep treated areas covered with TNS/Aloecort and Aquaphor. This will decrease the healing time and minimize discomfort such as itching.

Use ice/cold packs as needed for swelling and discomfort.

Pain medication may be taken, if needed, however pain should abate within 24 hours.

### **Days 4 through 7 post-treatment**

Begin gently cleaning the skin twice a day with a mild, hypoallergenic cleanser. (Gentle Cleanser or Cetaphil). You do not have to do vinegar soaks any longer.

Do not scrub treated area.

Be careful water is not too hot when bathing.

If any irritation or burning occurs, wait and try again the following day.

You may begin moisturizing with **Skinceuticals daily moisture** or continue using Aquaphor. Keep using TNS/Aloecort each time you moisturize until you run out.

Avoid sun exposure during the first few weeks following the procedure.

A sunscreen with SPF of 50+ should be used.

If there is any increase in pain or increase in skin redness, call your physician promptly.

After your treatment normal activities may resume per your level of comfort.