

# CO2 POST TREATMENT INSTRUCTIONS

## Days 1-3:

- Pinpoint bleeding is normal. Clots should be removed when washing your face with a gentle cleanser.
- Cleanse/Soaks/Ointment **2-3 times a day:**
- Use gentle cleanser, using fingers in a circular motion (hot showers work well).
- Soaks: 1 cup water to 2 tsp of white vinegar; apply with the spritzer or with a wet compress (pieces of old cotton T-shirts work well).
- Apply occlusive ointment (Aquaphor or Vaseline) to a damp face. Reapply as needed to keep the area moist.
- Cool compresses (distilled water/gauze) post treatment will soothe, release heat, and help with swelling (which varies by person but can be significant).
- No makeup and NO direct sun exposure.
- Drink lots of water.
- Sleep elevated to reduce swelling.

## Days 4-7 (or once skin does not feel "raw")

- Cleanse/Soaks/Ointment **1-2 times a day.**
- Do not rub or exfoliate or encourage sloughing skin.
- Continue to keep skin moist with ointment.
- Distilled water/Vinegar soaks help with healing/itching.

## Days 7-14 (or once skin has healed)

- Continue to spot treat rough areas with occlusive ointment.
- May switch to regular moisturizer and SPF 30 or higher once the skin is no longer temperature sensitive.
- Resume regimen of Hydroquinone, Antioxidant (Vit C) and Retinol when tolerable.
- If wearing makeup, be sure it is mineral make up.

