



## SmartSkin™ CO2 Laser Post-Treatment Instructions

### *During the first 24 hours post-treatment (Day 0):*

- Starting on the day of your treatment, soak treated areas with cold, dilute acetic acid soaks (1 tsp. white vinegar per pint of tap water placed in refrigerator) for at least 15 minutes. Apply clean gauze or towels soaked with the solution to the treatment area. After soaks, gently wipe treated areas using a gauze pad or clean washcloth to remove dead skin. DO NOT SCRUB! Next apply your Renewal Calming Crème OR Hydrating Crème.
- Continue taking medication as prescribed by Dr. Burgess. Medication should have been started the day before SmartSkin treatment.
- Your skin may look discolored and appear pink and shiny to gray. Expect your skin to feel rough and have crusting for an average of 4-5 days.
- Use ice/cold packs every 2 hours for a maximum of 20 minutes each time to help with swelling and discomfort. Make sure to place a thin towel between the treated skin and the ice pack to avoid burning the skin. Renewal Calming Crème OR Hydrating Crème can also be used every 2 hours for comfort.

### *Post-treatment:*

- Please review and follow the Post-Treatment Routine for vinegar soaks and skincare
- Skin sensitivity, redness, swelling, and itchiness is all normal. It should subside within 5-10 days
- Keep the treated areas covered with a moisturizer to promote healing and comfort
- Use ice/cold packs, with a thin towel between the skin and ice, as needed for swelling and discomfort.
- Keep your head elevated by using two or more pillows when lying down will help reduce swelling.
- Pain medication may be given if needed. Tylenol can be taken for discomfort following treatment. If you feel severe pain after 1-2 days from your procedure, call our office.
- Avoid sun exposure during the first few weeks following the procedure. A minimum SPF 50+ should be used for any sun exposure. A brimmed hat is also recommended.
- Avoid using any type of electronic skin cleansing brush, such as a Clarisonic for 2 weeks.
- Following your treatment, normal activities may resume per your level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present (5-10 days)
- Make up and shaving can be resumed 5-7 days after treatment.
- If there is any increase in skin redness or pain, call our office promptly.
- You may resume your normal skincare routine 10 days after treatment

If you have any post treatment concerns, call our office at 503-699-6464

After Hours: 503-238-8369

# SmartSkin™ CO2 Laser Post-Treatment Routine

**Micro Ablative Post-Treatment:** It is important to follow the instructions below after your SmartSkin Full Face, Full Neck or Full Face and Neck treatment

## **Day 1**

Apply Vinegar soak solution to treatment area with clean guaze or towels for 15 minutes three times a day. Once in the morning, one mid-day and one at night. Apply Renewal Calming Crème **or** Hydrating Crème after each vinegar soak

## **Day 2 and Day 3**

### **In the Morning:**

- Vinegar soak to treatment area for 15 minutes
- Cleanse face with the cleanser provided then pat skin dry
- Apply Renewal Calming Crème **or** Hydrating Crème
- Lastly, apply SPF

### **Mid-day:**

- Vinegar soak to treatment area for 15 minutes
- Apply SPF to treatment area

### **At Night:**

- Vinegar soak to treatment area for 15 minutes
- Cleanse face with the cleanser provided then pat skin dry
- (Optional) Apply Carboxy CO2 mask or Biocellulose mask for 30-45 minutes, then remove
- Apply Renewal Calming Crème **or** Hydrating Crème

## **Day 4 and Day 5**

### **In the Morning:**

- Vinegar soak to the treatment area for 15 minutes
- Cleanse face with the cleanser provided then pat skin dry
- Apply Renewal Calming Crème **or** Hydrating Crème
- Lastly, apply SPF

### **At Night:**

- Vinegar soak to the treatment area for 15 minutes
- Cleanse face with the cleanser provided then pat skin dry
- (Optional) Apply Carboxy CO2 mask or Biocellulose mask for 30-45 minutes, then remove
- Apply Renewal Calming Crème **or** Hydrating Crème

**Continue with skin care products for the next 5 days. You may stop the vinegar soaks.**

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