

## **PREPARATION FOR CO2 FRACTIONAL LASER RESURFACING**

**For Herpetic Infection** – Famvir for 5 days pre and post Rx for patients with a history of HSV

**For Bacterial Infection** – Antibiotics such as Keflex 500mg, Doxycycline 100mg daily or Augmentin Duo for 7 days starting the day of the Rx.

**For Yeast Infection** – Diflucan 150mg

**Sun Exposure** – avoid for at least one month before, during and after Rx. Use sunscreen religiously

**Roaccutane** – cease for 6 – 12 months before Rx

### **NO Exfoliation Rx's as follows:**

- NO Peels for 4 -6 weeks prior
- NO Scrubs for one week prior
- NO Microdermabrasion for 4 weeks prior
- NO Retin A for 4 weeks prior

**Do not apply any skin care products containing Vitamin A for 10 days prior to Rx**

**Post Inflammatory Pigmentation** – For skin type 3 – 5 it is recommended to apply a topical cream every day for 4 weeks before the Rx for inhibiting melanin production. These creams are Hydroquinone, Azelaic Acid, Kojic Acid or stabilized Vitamin C

**For Analgesia** – 45 minutes before Rx administer Panadol/Codeine tablets. Dermal treatments with laser may give rise to a painful sensation described as similar to an elastic band being flicked against the skin. In the case of fractional resurfacing it is usual enough to apply a topical anaesthetic cream for one hour prior to the Rx.

### **How to present on the day of Rx -**

Arrive with the skin free of make-up, skin care creams, sunscreen and perfume

## **AFTERCARE FOLLOWING CO2 FRACTIONAL LASER RESURFACING**

A procedure carried out with CO2 laser generates abrasion or ablation of the skin which makes daily care for the skin **essential**.

### **NOTE**

The recovery time will depend on the aggressiveness of the Rx and the way you look after your skin for the next 5 – 7 days.

**The following high standards of hygiene must be implemented at all times:**

- Wash hands thoroughly before washing and moisturising the skin
- Ice packs must be covered at all times with a clean tea towel (hot ironed) or Fibrella provided
- At all times avoid touching the skin
- At all times avoid scratching, picking and feeling the skin
- At all times avoid applying make-up or perfumes on the skin. The makeup may contain bacteria that will cause an infection.
- Don't let pets or people with suspicious lesions to kiss you or touch your skin
- Avoid strenuous exercise in the first few days.
- Avoid alcohol for 24 hours post Rx
- For pain take paracetamol (Panadol) but only the recommended dose.

### **Immediately following the procedure:**

The skin is covered with Vaseline and ice packs are applied to the skin for at least 2 hours or until needed.

The skin is in the inflammatory stage which presents as an increase in skin temperature, swelling, redness and discomfort. This stage will last for at least 2 hours – 24 hours depending on the aggressiveness of the Rx.

Four hours post Rx, the temperature will drop to a more comfortable level, the swelling will slightly subside and the redness will decrease by approximately 30%. The discomfort will also reduce but will be tender to touch. A sensation of strong sunburn is not uncommon.

DO NOT apply any water or skincare products to the skin. Reapply Vaseline at all times.

### **Day One**

The skin is red and slightly hot and icepacks need to be applied but not as frequently as on the day of the Rx.

Vaseline is the only ointment that needs to be applied unless antibiotic cream is required. The skin is tender and rough to touch. Avoid hot water and shampoo on the skin.

Gently cleanse with sterile normal saline and apply Vaseline.

No make up. Avoid exercise and strenuous activities

**Day Two**

The skin on the cheeks and under the eyes will probably be swollen which can be reduced with icepacks. Overall the skin will have tiny black dots all over. The demarcation line on the jaw will be visible and the colour of the skin will start to darken.

Gently cleanse with sterile normal saline and apply Vaseline.

NO Glycolics, AHA's, exfoliants and make-up.

If topical antibiotic cream is required cleanse with sterile normal saline.

The skin will become slightly itchy.

**Day Three**

The skin will look dark and feel rough and dry. The dots will be more pronounced and visible. Vaseline only.

You may feel itchy especially on the perioral area due to dryness – apply Vaseline or Cosmedix Rescue Plus.

Gently cleanse with sterile normal saline and apply Vaseline.

NO Glycolics, AHA's, exfoliants and make-up.

If topical antibiotic cream is required cleanse with sterile normal saline.

**Day Four**

The skin is looking tanned and dry and some dots have started to fall off.

Start cleansing with Cetaphil and moisturise with Vaseline or Cosmedix Rescue Plus.

NO Glycolics, AHA's, exfoliants and make-up.

If topical antibiotic cream is required cleanse with sterile normal saline.

**Day Five**

The skin is lightening as the dots fall off but some may still be present on the sides of the face, temples and forehead.

Cleanse with Cetaphil and moisturise with Vaseline or Cosmedix Rescue Plus.

NO Glycolics, AHA's, exfoliants and make-up.

If topical antibiotic cream is required cleanse with sterile normal saline.

**Day Six**

The dots are almost gone

Cleanse with Cetaphil and moisturise with Vaseline or Cosmedix Rescue Plus.

NO Glycolics, AHA's, exfoliants and make-up.

If topical antibiotic cream is required cleanse with sterile normal saline.

Follow up with your Clinician for an ongoing skin protocol.