

# CO<sub>2</sub>/ABLATIVE LASER PROCEDURE

## BEFORE & AFTER CARE



---

### BEFORE YOUR SURGERY

- No unprotected sun exposure or tanning – wear sunscreen DAILY, no matter what the weather
- Discontinue all blood thinners such as aspirin, ibuprofen, Advil, Aleve, etc... for one week prior to procedure. If you take Aspirin or other blood thinners upon the advice of your physician, please contact them prior to discontinuing. If stopping these are not allowed, notify our office.
- Inform your physician if you:
  - if you have ever had cold sores
  - if you have used Accutane (a medication used for acne) within 12 months
  - are prone to keloid (thick) scars
  - are pregnant/ planning to be pregnant
  - are prone to hyperpigmentation (darkening of the skin after trauma) or hypopigmentation (lightening of the skin such as vitiligo)
- **3 Days prior to surgery (optional):**
  - Start taking Arnica Montana tablets (homeopathic remedy to decrease bruising and inflammation). Place TWO tablets under your tongue THREE times daily (morning, noon, dinner)

### POST-OP DO'S AND DON'TS

- Continue to take Arnica Montana for a week or two while bruising is evident. Place TWO tablets under your tongue THREE times daily (morning, noon, dinner)
- Sleep on your back with your head elevated until the swelling has resolved.
- Do not apply heat to the face (i.e. blow dryer, hot tub, hot water, steam room) until cleared by your physician.
- Do not pick at the skin as this could result in permanent scarring.
- Intense redness is expected for about 7-10 days. This will fade gradually over a period of about 1-3 months.
- No facials or Chemical peels until cleared by your physician.
- Always wash hands before touching your skin
- Avoid pet dander on bedding or towels
- Avoid any sun exposure until sunscreen can be applied (around day 7-10)
- No swimming for 3 weeks after surgery
- If you must be briefly exposed to the sun, skin must be thoroughly protected with a wide-brimmed hat and sunglasses

---

### WHAT TO EXPECT POST-OP

- Expect a feeling of heat in the skin for 3-5 days after laser treatment. Lay gauze or a soft washcloth soaked in ice water on the lasered areas of skin for 10 minutes as needed to cool the skin.
- Yellow oozing, redness and swelling are normal for the first 3-10 days. Intense redness is expected for about 7-10 days; this typically fades over 1-3 months. Two to three days after surgery you will start to see light brown crusting appear on the skin.
- **Please call us right away if you have any questions or concerns- 253.627.2900**

# CO2/ABLATIVE LASER PROCEDURE



## Laser Kit Instructions

### LASER KIT CONTENTS

1. Epionce Milky Lotion Cleanser
2. Epionce Enriched Firming Mask
3. Epionce Priming Oil (in small jar)
4. Epionce Renewal Calming Cream
5. EltaMD Restore Tinted SPF 40
6. Arnica Montana tablets
7. Avène Thermal Water Spray



### DAY OF SURGERY

- Bring the Avène Thermal Water Spray with you to your surgery. After surgery, use it as often as needed to help alleviate burning and itching that you may experience post-operatively on the way home
- **When you get home:**
  - Take 2 Arnica tablets at dinner and bedtime on the evening after your surgery.
  - Apply Priming Oil - which prevents bacterial growth AND coats exposed nerves to provide comfort (pouring a bit into clean, dry hands and dabbing on affected areas), then a generous layer of the Enriched Firming Mask as your moisture barrier for the evening- repeat as needed.
  - Sleep on your back with your head elevated to reduce swelling

### FOR DAYS 2-10 (UNTIL CRUSTING IS GONE)

- *Morning:*
  - Take 2 Arnica tablets – melt under the tongue
  - Gently clean affected areas with milky lotion cleanser- pump into wet hands, apply to skin directly in slow, light circles around the face and neck.. Splash water to rinse, fan to relieve excess water, do not dry.
  - Apply Priming Oil and generous layer of Renewal Calming Cream
  - Use Avène Spray Water as needed.
- *Noon and dinner:*
  - Take 2 Arnica tablets – melt under the tongue
  - Add Renewal Calming Cream- keep area heavily moisturized, do not allow to get dried out
  - Use Avène Spray as needed.
- *Before Bed:*
  - Take 2 Arnica tablets – melt under the tongue
  - Gently clean affected areas with milky lotion cleanser- pump into wet hands, apply to skin directly in slow, light circles around the face and neck.. Splash water to rinse, fan to relieve excess water, do not dry.
  - Apply Priming Oil and generous layer of Enriched Firming Mask.
  - Use Avène Spray as needed.

# CO2/ABLATIVE LASER PROCEDURE



## Laser Kit Instructions, Continued

---

### MAINTENANCE INSTRUCTIONS

- When all crusting is gone, usually at about day 7-10:
  - Discontinue using the Priming Oil, Enriched Firming Mask and Arnica Montana
  - Cleanse gently with Milky Lotion Cleanser morning and night.
  - Apply Renewal Calming Cream morning and night .
  - Apply Elta MD Restore over the moisturizer to protect from any sun exposure. This sunscreen contains mineral based, 9.0% zinc oxide.  
***Sunscreen must be reapplied every 2-3 hours when out-of-doors, in the car or seated near a window. This is extremely important, no matter what the weather is like!***
  - Continue to use Avène Thermal Spring Water as needed.

### WHAT'S NEXT?

- Now that the skin is intact, you may begin applying mineral makeup and/or cover-up over your sunscreen to camouflage the redness in the skin (please visit our MedSpa for a no-cost consultation to color-match your skin with our 100% mineral Colorescience products and to get advice on maintaining your results).
- If you run out of anything in your laser kit or require anything extra you would like to add to your kit, these items can be purchased in our MedSpa.
- Do not use any soaps that may be drying to the skin or use any alcohol based products until approved by your physician.
- ***Protect your investment with good skin care!*** Schedule a free consultation in our spa with one of our experienced Master Estheticians to address your specific skin needs and ongoing care

---

Thank  
you!

### FOR TRUSTING AESTHETIC SURGERY CENTRE AND MEDSPA WITH YOUR CARE

Our experienced providers are passionate about patient communication, delivering optimal results, and utilizing the latest products & techniques.