



DR MONICA SCHEEL
DERMATOLOGY
Expert and Personalized Skin Care



What Expert and Personalized Skin Care

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FRACTIONAL CO2 LASER

This treatment is recommended for moderate to severe wrinkles, sun damage, actinic keratosis (pre-cancers), superficial basal cell carcinoma, and severe acne scars. It is also quite effective in minimizing scars due to surgery or accidents. The CO2 laser goes deeper, to address the dermis (the dense inner layer of skin beneath the epidermis or skin's surface). CO2 laser uses fractional technology, which enhances rapid healing. The dermis is stimulated to pour out collagen in a healing response to the laser beams. As a result of this healing response, skin tightens and thickens, collagen production increases, and a general overall rejuvenation is achieved.

As a person ages, their collagen production begins to decline which leads to the breakdown of the skin's underlying support. Daily exposure to UV rays and other environmental elements can cause the skin to become discolored and wrinkled. Treatments with the Cortex Co2 laser will enhance the skin's strength and elasticity. The skin will have a smoother, tighter texture and pigmentation problems will begin to diminish.

You will need to follow specific skin care instructions after this treatment, there will be some downtime. The skin heals within a month, although redness can persist for two to three months. Once you have fully healed you will notice a significant improvement in; fine lines, wrinkles, skin laxity and discoloration.

What does the Co2 laser treat:

Actinic Keratosis (pre-cancers) , Superficial Basal Cell Carcinoma (Skin Cancer)

Resurfaces moderate to severe wrinkles and scars

Evens skin tone and texture

Stimulates collagen production

Redness may persist for a period of time after the procedure

Sun protection is highly recommended during treatment

Test spots are needed to ensure ideal laser settings for your skin type, these are usually done at the consultation appointment. You may schedule your laser treatment 2 weeks after your test spots.

Be prepared for some downtime, approx. 5-7 days

What to Expect :

FRACTIONAL CO2 LASER TIMELINE

2 weeks before laser procedure:

- Office appointment for test spots, prescriptions and pre-treatment photos
- No tanning
- If prescribed, begin using in-office dispensed brightening cream or melasma emulsion
- Schedule a relaxer appointment (Botox, Dysport, or Xeomin) 2 weeks before laser treatment to optimize results for wrinkles
- We will write your necessary prescriptions for Valtrex, and Dr. Scheel's Brightening Cream as needed

1 week before laser procedure:

- o Arrange for a driver if you are going to take pain medication

3 days before treatment

- Discontinue Retinoids and Glycolics

1 day before laser procedure:

- If a prescription is written, begin valtrex (valacyclovir) take two 500 mg pills the night before the treatment and two 500 mg pills the morning of the procedure and two 500mg pills the morning after the procedure.
- Keep hydrated by drinking plenty of water

Day of procedure:

- Wear loose fitting clothing and something that you don't mind if some ointment gets on it. Clothing should unbutton so it does not need to be pulled over the head
- Arrive 1 hour prior to procedure to begin numbing cream and take necessary medications (allow 45 minutes for numbing)
- Bring reading material or other form of entertainment as there is some downtime; music and headphones may be desired during laser treatment
- Laser treatments range from 30 mins-2 hours, depending on individual requirements and treatment areas

1-week post procedure:

- 3 day CO2 laser check to ensure you are healing properly

1-month post procedure:

- 1 month post-treatment photos
- Visit with your laser provider to go over long term care of your new beautiful skin

Test Spot Post Care

You received test spots today, this allows us to know the perfect setting for your treatment.

You have been given a kit to go home with which will be similar to your full size Co2 Laser kit you will be given at the time of your treatment.

Redness and a sunburn-type sensation normally lasts several hours

Neck redness is more persistent and will usually last longer than face redness

Face will normally bronze and peel within 3-5 days (Note: neck and chest normally requires 2 weeks and arms and hands require 3 weeks to heal)

Results will continue to improve after the initial healing period.

CO2 Post Care Kit :

Gentle Cleanser
Dermatitis cream
Aquaphor
Sunscreen

**Day of Treatment –**

1. Keep face cool, avoid direct sunlight for the remaining of the day
2. Wash face gently with cleanser- pat dry
3. Apply Thin layer of Dermatitis cream
4. Apply Thin layer of Aquaphor
5. Sleep with head slightly elevated

Day 2-6 –

Ice may help cool down your skin. Soak a clean washcloth or baby washcloth in ice water then lay it on your face (Do not scrub your face with the washcloth)

**Morning:**

Wash with Cleanser
Apply Thin Layer of Dermatitis cream
Apply Thin Layer of Aquaphor
Apply Clear or Tinted Zinc SPF (re-apply every 2 hours if outdoors)

**Evening:**

Wash with Cleanser
Apply Thin Layer of Dermatitis cream
Apply Thin Layer of Aquaphor

Day 7-13 - You may begin incorporating Vitamin C serum and moisturizer in your skin care routine. Continue daily use of Sunscreen. **Avoid any retinol products until after day 14.**

Day 14-

You may return to your normal skincare regimen.

To Maintain Healthy and Glowing Skin, Our Recommended Skin Care:**Morning:**

Wash with Gentle Cleanser
Apply Growth Factor Serum
Apply Vitamin C serum
Apply Non-retinol Eye cream (optional)
Apply Moisturizer or Hyaluronic Acid serum (optional for drier skin types)
Apply Mineral Tinted or Clear Spf 30+

**Evening:**

Wash with Gentle Cleanser
Apply Growth Factors
Apply Retinol or Retinol alternatives (Avoid until day 14)
Apply eye cream (optional)
Apply Moisturizer or Hyaluronic Acid serum

Ask us about our favorites - We are happy to help!

Please call our office if you have any questions or concerns 808-329-1146
Schedule your appointment for your Full Co2, 2 weeks to 1 month from your test spots

FRACTIONAL CO2 LASER PRE-TREATMENT

Pre-Treatment Instructions

- No tanning 2 weeks prior to laser procedure
- You must not have taken Accutane® (isotretinoin) within the past 12 months
- If you have a history of cold sores or fever blisters begin Valtrex 500mg twice daily 1 day prior to procedure and continue for 2 days to help prevent any outbreaks – prescription available if needed
- If prescribed, begin using in-office dispensed brightening cream or melasma emulsion lotion for 2 weeks prior to procedure, discontinue 3 days prior to treatment
- Stop using Retinoids and Glycolics 2-3 days pre and post treatment
- Plan on recovering at home 5-7 days
- Plan on no vigorous exercise or activities for 3-5 days
- A clean environment is required for proper healing; do not plan to clean out closets or garage while healing.
- Do not let Pets sleep in bed 1 day prior to treatment and 4 days after treatment
- Put clean linens on bed 1 day prior to treatment
- Fill any prescription medications 2-3 days prior to treatment day

Necessary Post Treatment Items to get before treatment

- Sunblock SPF 30+ with zinc oxide (>7%) and/or titanium dioxide when going outside
- Mineral make-up if desired
- Clean wide brimmed hat to protect treated area from sun exposure