



DR MONICA SCHEEL
DERMATOLOGY
Expert and Personalized Skin Care



CO2 Post Care Instructions

General expectations:

- Avoid direct sunlight and keep skin moist and cool to aid healing
- Avoid environmental irritants during healing process (eg, dust, dirt, aerosols, cleaning agents)
- Avoid dryness and excessive heat (no cooking with steam or vigorous exercise during healing process)
- Stay hydrated, eat healthy foods and avoid alcohol
- 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 5-7 days (Note: neck and chest normally requires 2-3 weeks and arms and hands require 3-4 weeks to heal)
- Results will continue to improve after initial healing period, expect full results to take 6 months
- Make Sure to wash your hands thoroughly before touching laser treated areas
- Buy a new hat. Do not wear old hats or ball caps after treatment, they may carry bacteria.
- Put on freshly laundered clothing each day if the neck and chest were treated.
- Put freshly washed sheets and pillowcases on the bed just prior to treatment.
- Male patients may not shave for one week. When they do they will need a new razor blade to prevent infection

<p>Full CO2 Post Care Kit : Refreshing Peptide Creamy Cleanser Needle-Free Growth Factor Cream Hydrating HA Primer Restorative Recovery Cream Isdin Non-Tint SPF A small pot of Dermatitis Cream</p> <p>🌙 Day of Treatment –</p> <ol style="list-style-type: none"> 1. Keep face cool, avoid direct sunlight for the remaining of the day 2. Wash face gently with Refreshing Peptide Creamy Cleanser - pat dry 3. Apply Thin layer of Dermatitis cream 4. Needle-Free Growth Factor Cream 5. Restorative Recovery Cream 6. Sleep with head slightly elevated 	<p>Day 2-7</p> <p>☀️ Morning: Refreshing Peptide Creamy Cleanser Apply Needle-Free Cream Apply Hydrating HA Primer Apply Restorative Recovery Cream Apply Isdin SPF</p> <p>🌙 Evening: Wash with Refreshing Peptide Creamy Cleanser Apply Needle-Free Cream Apply Hydrating HA Prim Apply Restorative Recovery Cream</p> <p>IF you have any tender spots apply Dermatitis Cream to these areas twice a day.</p>
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Day 8 you may return to your normal skincare regimen, **But Avoid RETINOL Products until Day 14**
 Our recommended regimen to boost and maintain your results:

- ☀️ Morning:
 Wash with Creamy Peptide Cleanser
 Apply Needle-Free Cream
 Apply one of our Vitamin C serums or cream
 Apply one of our SPF's tinted or Non-tint your choice
- 🌙 Evening:
 Wash with Peptide Cleanser
 Apply Needle-Free Cream
 Apply one of our evening moisturizers

DAY 14 you may restart your Retinol
 Please call our office if you have any questions or concerns 808-329-1146