



DR MONICA SCHEEL
DERMATOLOGY
Expert and Personalized Skin Care



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Kailua Kona: (808) 329-1146

Waimea: (808) 885-3376

DrMonicaScheel.com

Regenerative PRP & Exosomes FULL 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 post treatment. When they do they will need a new razor blade to prevent infection.

CO2 Post Care Kit :

Gentle Cleanser

Briotech Topical Skin Spray

Dermatitis cream

Aquaphor

Sunscreen

PRP/Exosomes - Store in refrigerator



Day of Treatment –

1. Keep face cool, avoid direct sunlight for the remaining of the day
2. **Do not wash face until next morning**
3. **Apply remaining PRP/Exosomes** to the treated area
4. Sleep with head slightly elevated

Day 2-6 – Start Briotech Topical Skin Spray 3-5 times daily.



Morning:

Wash with Gentle Cleanser

Spray skin with

Briotech Topical Skin Spray

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 Gentle Cleanser

Spray skin with Briotech Topical Skin Spray

Apply Thin Layer of Dermatitis cream

Apply Thin Layer of Aquaphor

Day 7-13 - Stop use of Briotech spray, 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!