



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

CO2 Post Care Kit :

- Gentle Antioxidant Cream Cleanser
- Dermatitis cream
- Aquaphor
- Vitamin Enriched moisturizer
- Dr Monica Tinted zinc or Clear zinc SPF
- HydroCell Mask - Put into fridge prior to application

 **Day of Treatment –**

1. Keep face cool, avoid direct sunlight for the remaining of the day
2. Wash face gently with Gentle Antioxidant cleanser- pat dry
3. Apply HydroCell mask for 15 minutes
4. Apply Thin layer of Dermatitis cream
5. Apply Thin layer of Aquaphor
6. Sleep with head slightly elevated

Day 2-3

- Start Vinegar soaks 2 times a day
- Mix 1 Teaspoon of White Vinegar with 2 cups of Distilled or Purified Water
- Adding in Ice will help Cool down your Skin
- Soak a Clean washcloth or baby wash cloth then lay it on your face (Do not scrub your face with the Washcloth)

 Morning:

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

 Evening:

- Wash with Gentle Antioxidant Cleanser
- Apply Thin Layer of Dermatitis cream
- Apply Thin Layer of Aquaphor

Day 4-7

Continue Vinegar soaks Twice Daily

 Morning:

- Wash with Gentle Antioxidant Cleanser
- Apply Thin Layer Vitamin Enriched Moisturizer
- Apply Dr Monica’s Clear or Tinted Zinc SPF (re-apply every 2 hours if outdoors)

 Evening:

- Wash with Gentle Antioxidant Cleanser
- Apply Thin Layer of Vitamin Enriched Moisturizer

Day 8

you may return to your normal skincare regimen, Avoid RETINOL Products until Day 14



DR MONICA SCHEEL
DERMATOLOGY
Expert and Personalized Skin Care



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Kailua Kona: (808) 329-1146

Waimea: (808) 885-3376

DrMonicaScheel.com

To Maintain Healthy and Glowing Skin

Our Recommended Skin Care:

☀ Morning:

Wash with Gentle Cleanser

Apply Growth Factors (Needle Free Cream or TNS 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 or Exfoliating Cleanser

Apply Growth Factors (Needle Free cream or TNS serum)

Apply Retinol or Retinol alternatives

Apply eye cream (optional)

Apply Moisturizer or Hyaluronic Acid serum

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