



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 - Put into fridge prior to application
- Brightening Vitamin C serum - Travel Size



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!