



**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 Cleanser
- Phyto Corrective Serum
- Pure Radiance Vitamin C Serum
- Dermatitis cream
- Aquaphor
- Hydra-Riche Replenishing Moisturizer
- Sunscreen
- 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 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 Cleanser
- Apply a thin layer Vitamin C Serum
- 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 a thin layer of Phyto Corrective Serum
- Apply Thin Layer of Dermatitis cream
- Apply Thin Layer of Aquaphor

**Day 4-7**

Continue Vinegar soaks Twice Daily

 **Morning:**

- Wash with Cleanser
- Apply Thin Layer Vitamin C Serum
- Apply a thin layer Moisturizer
- Apply Clear or Tinted Zinc SPF (re-apply every 2 hours if outdoors)

 **Evening:**

- Wash with Cleanser
- Apply Thin Layer of Moisturizer

**Day 8**

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



DR MONICA SCHEEL  
DERMATOLOGY  
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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!**