








**Micro 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 3-5 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 after 3 sessions
- 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><b>CO2 Post Care Kit :</b>          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</p> <p> <b>Day of Treatment –</b></p> <ol style="list-style-type: none"> <li>1. Keep face cool, avoid direct sunlight for the remaining of the day</li> <li>2. Wash face gently with cleanser- pat dry</li> <li>3. Apply HydroCell mask for 15 minutes</li> <li>4. Apply Thin layer of Dermatitis cream</li> <li>5. Apply Thin layer of Aquaphor</li> <li>6. Sleep with head slightly elevated</li> </ol> <p><b>Day 2-3</b>          Start Vinegar soaks 1-2 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)</p> <p> <b>Morning:</b>          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)</p> <p> <b>Evening:</b>          Wash with Cleanser          Apply a thin layer of Phyto Corrective Serum          Apply Thin Layer of Dermatitis cream          Apply Thin Layer of Aquaphor</p>	<p><b>Day 4-6</b>          Continue Vinegar soaks once daily</p> <p> <b>Morning:</b>          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)</p> <p> <b>Evening:</b>          Wash with Cleanser          Apply Thin Layer of Moisturizer</p> <p><b>Day 7</b>          you may return to your normal skincare regimen, <u>Avoid RETINOL Products until Day 14</u></p>
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**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

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