

CO2

POST-CARE

Day 1 (first 24 hours post treatment):

Use ice/cold packs every 2 hours for 15-20 minutes maximum for swelling and discomfort. Cover treated areas with moisturizing ointment (Nectar) every two hours. Keep your head elevated by using 2 or more pillows when lying down. May also use an antihistamine such as Zyrtec or Benadryl as directed for itching and swelling. Can also use Tylenol 1000 mg every 6 hours for discomfort. Be sure to have a clean pillowcase. Avoid touching face and frequently clean cell phone.

Day 2:

Continue taking Tylenol and antihistamines as directed. Wash skin with lukewarm water and gentle cleanser in AM and PM, do not scrub. Follow with vinegar soaks AM and PM. Mix 1 tablespoon white vinegar with 1 cup distilled water (bottled water). Soak gauze/clean washcloths and place/pat/spray on skin until fully dry to help restore skin's pH. Apply Alastin Skin Nectar. Then reapply moisturizing ointment (ie Aquaphor) every 3-4 hours to help decrease healing time and minimize discomfort. Periodically lightly spray the treated area with cold water. Skin may feel sensitive and have a red, pigmented and swollen appearance depending on the treatment. The treated area may itch.

Day 3:

Repeat steps for day 2. Day 3 PM will be the end of the vinegar soaks. Skin will look it's worst days 2-4 with redness, swelling and sloughing of skin.

No exercise, excessive heat, hot tubs or saunas for 48-72 hours or until redness has subsided.

Day 4:

Gentle cleanser twice daily, no scrubbing. Alastin and Aquaphor/heavy moisturizer 3-4 times per day. May resume exercise as tolerated. May also resume SPF and makeup if no oozing.

Day 5-10:

Gentle cleanser twice daily, no scrubbing. Alastin and moisturizer 2-3 times per day or more as needed.

Day 10-14:

May resume routine skincare with topical exfoliants and retinols.

Avoid sun exposure, tanning beds and tanning creams for 2-4 weeks after treatment. Use a broad-spectrum (UVA/UVB) sunblock of SPF 50 or greater daily. If possible, cover the treated area with clothing or use a broad brimmed hat to reduce sun exposure.

If you have any questions, concerns or increase in pain or redness, please contact Evolve Aesthetics at 503-662-7375.