

Fractional CO2 Laser

Preparation for Treatment

- Have consultation with physician and schedule appointment for procedure
- If you have any history of fever blisters, please tell your physician, as you may need to be pre-medicated with an antiviral medication.
- One week prior to procedure, discontinue use of topical tretinoin (Retin-A) cream and these oral medications: Ibuprofen, aspirin, fish oil, & Vitamin E.
- Prior to procedure, purchase:
 - Vaseline or Aquaphor healing ointment
 - Distilled white vinegar
 - Ibuprofen & Benadryl

Procedure Day:

- On the day of the procedure, plan to arrive 1-1.5 hrs earlier than the scheduled appointment time for pictures and numbing application.
- Come to the office with a clean face with no lotion, make-up or sunscreen.
- Do not wear any article of clothing that must pass over your head to be removed. A button up shirt is preferable.
- After the procedure plan on going straight home.

Post Treatment:

- Before leaving the office, be sure to schedule a follow-up appointment for 2 weeks after the procedure.
- Go directly home. The post-procedure discomfort should last approximately 8-10 hours. Take Ibuprofen (Advil or Motrin) 600-800mg every 4-6 hrs to control discomfort.
- For the first night, sleep on back with pillows on each side to prevent you from sleeping on your face. A lazy boy chair would be ideal.
- On the day of the procedure and the 2 days following (72 hrs), using a washcloth or paper towels, begin doing compresses of a ½ vinegar/ ½ water (equal parts) solution at least 4-5 times a day. Treated areas will sting, but should be less severe by the end of day 2.
- After compresses, apply Aquaphor or Vaseline ointment to entire face. If you experience any itching take 25mg of Benadryl at night for relief.
- DISCONTINUE ALL COMPRESSES AND VASELINE APPLICATION AFTER DAY 3. You will notice a tightening of the skin and the skin will gradually begin to peel over the next week. DO NOT peel this skin but just allow gentle exfoliation to allow this peeling to complete its process.
- DO NOT expose face to sun or wind for at least 2 weeks after treatment. If you must go outside, use sunscreen (SPF 45) and wear a hat.
- Expect face to be red for 2 weeks. You can use makeup starting on day 3 post-treatment.

If you experience any problems or have questions during the healing process, please contact us.

Johnson Ferry/Perimeter & Saint Joseph's Hospital – During office hours: 404-257-9933 | After hours: 770-928-5285
Paulding/West Cobb – During office hours: 678-363-3343 | After hours: 770-928-5288