



**Post CO2 Fractionated Laser Care**  
*For One Week*

1. The skin will feel tight and have a granular texture to the surface. In addition, the appearance of many very tiny brown dots will be visible for approximately 7-10 days.
2. Any area of dark blotchy skin may darken considerably as part of its reaction to the treatment.
3. Varying degrees of redness may be present, often in a blotchy, uneven distribution.
4. Varying degree of swelling can and may occur.
5. The first areas to begin peeling will be the areas with the most muscle movement (around the eyes and the mouth).
6. The forehead and hairline are usually the last areas to peel.
7. Do NOT pick, rub, or unnecessarily touch your skin, let it slough off naturally through daily cleansing. Picking at the peeling skin can increase the risk of developing scars and infection.
8. Try to touch the treated skin very gently, especially during cleaning and when applying ointment.
9. No sun exposure.
10. Avoid exercise and sweating for 7 days after your treatment.
11. Days 1-7, discontinue use of any exfoliating products such as Tretinoin, Retinol, glycolic, salicylic, etc., as well as Hydroquinone.
12. After cleaning (cleanser your skin with 3 cups of distilled water plus 1 cup of white vinegar) then gently pat your face dry with a clean towel, then apply Aquaphor to the skin very gently (do not rub...just pat into the skin).
13. Follow with a gentle application of sunscreen. Re-apply sunscreen after exercising, sweating, etc.

**Rescue Me Kit Instructions (For Full Face treatment only)**

1. Wash your face with Nurture Me morning and night.
2. 1<sup>st</sup> week of treatment use Security Blanket after washing your face with Nurture Me.
3. Apply Sheer Skin Umbrella after.
4. 2<sup>nd</sup> week of treatment, replace your Security Blanket with Chill Out after washing your face with Nurture Me.