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## CO2 TREATMENT

### WHAT TO EXPECT & PREPARATIONS

#### *Downtime*

Clear your social schedule for about 6-10 days. The higher the CO<sub>2</sub> settings the more long-term effect but also the longer the social downtime. Expect mild redness and puffiness for at least one month after the procedure.

#### *Before your procedure*

- If using any topical products on your face such as lightening creams discontinue **3 days before** your treatment.
- Wash your sheets, pillow cases and towels in hot water with mild detergent.
- Wipe quart size zip-lock storage bags with alcohol (These will be used to enclose ice/frozen veggies)
- Purchase the following items from our office:
  1. Arnica Montana
  2. Broad-spectrum UVA/UVB sunblock lotion
  3. Retin-A (optional)
  4. Triple Lightening Cream (optional)

- Purchase the following items from a drug store:
  1. Cetaphil® cleanser and lotion
  2. White Vinegar
  3. Aquaphor
  4. Tongue blades
  5. Hydrocortisone Cream
  6. Cotton gauze squares (4x4)
  7. Alcohol
  8. Benadryl® 50mg tablets
  9. UVA/UVB large sunglasses
  10. Elastic headbands
  11. Two 16 oz. bags of frozen corn or peas for ice mask or gel ice mask.
  12. Straws (optional) – helpful when drinking or consuming any liquids.

#### *Transportation (recommended)*

Arrange to have someone drive you to and from the treatment, which should take at 2-3 hours from arrival time. Plan to either sit in the middle of the car's backseat or tape a paper bag to the window, as you will not be able to wear sun block immediately after procedure. Also, plan on returning for evaluation 4-5 days after your procedure.

### PRE-TREATMENT INSTRUCTIONS

#### *Medications*

We will provide you with the following prescriptions prior to the procedure:

- **Anti-viral (Valtrex®):** Even if you have never had a cold sore or herpetic outbreak, 99% of us harbor the virus in our spinal cord ready to emerge and scar the face. Because lasers can stimulate a breakout on your lips, face or

elsewhere, start Valtrex® one day prior to procedure and continue for ten days.

- **Antibiotic (Keflex®):** To avoid any possible infection, start Keflex the day prior to procedure and continue for six days. An alternative can be used if allergic to penicillin.

### Medications to Avoid

You may require an injection with a local anesthetic, which means avoiding the following for 1 week prior to your treatment:

- Aspirin and any medications that contain aspirin or medications meant to thin your blood such as Plavix.
- All pain killers or anti-inflammatory except Tylenol®.
- All nutritional supplements, including vitamin C and E, flaxseed, fish oil and herbal teas.

### THE PROCEDURE

#### *Day of Procedure*

Prior to arriving:

- Wash face with anti-bacterial soap
- Clean all make-up from face
- Wear loose cotton clothing that you won't mind if stained by topical anesthetic cream.
- Bring with you to your appointment a UVA/UVB rated hat and sunglasses.

### THE PROCEDURE CONTINUED

#### *Procedure Prep*

Once at the office, photographs will be taken, and consent forms should be read and signed. The hair band will keep your hair away from your face and other areas to be treated.

#### *The DOT CO<sub>2</sub> Procedure*

The topical anesthetic will be removed and laser protection goggles will be placed. A chiller device, zimmer cooler that blows 0 ° cold air will be used during the procedure. The numbing cream plus the chiller, makes the treatment virtually pain free. The DOT CO<sub>2</sub> treatment will take approximately 20-90 minutes, depending on the number of areas treated.

#### *Post-Procedure*

Immediately after the treatment, you'll experience redness, like a bad sunburn. The redness will be followed by a spotty brown appearance from the scab formation. It is important to let the healing process take its course over the next several days and allow the scabs to flake off naturally. If you are having your eyelids treated, you will experience swelling, redness and some bruising for 5-14 days, depending on the effect desired. Remember, more effect = more downtime.

#### *Follow up Visit*

We will want to see you 4-7 days after the treatment to check on your progress, cleanse the treated area, take photographs and schedule your next visit.

### **POST PROCEDURE REGIMEN**

***Note: Expect some pinpoint bleeding from the treated area for up to 24 hours.***

### **Immediately Following Treatment**

Apply ice packs, cool compresses or a frozen bag of peas immediately after treatment. Continue cool compresses for at least 20 minutes of every waking hour for the first 24-48 hours to minimize swelling.

### **On the day of the procedure**

Apply Aquaphor to prevent direct contact between the treated tissue and the air during the healing process.

#### *1<sup>st</sup> Day after – Vinegar Soak*

Lie down with towel under your head. Using a clean gauze pad, gently soak the treated areas for 10-15 minutes with the following solution:

*1 teaspoon white vinegar*

*1 cup of cool filtered water*

### **Make sure the gauze is thoroughly soaked.**

Pat dry and apply an ample coat of Aquaphor Repeat four times daily. If the vinegar soak stings or burns, dilute with more water. Prepare a new vinegar solution with each soak to prevent contamination.

#### *2<sup>nd</sup> Day after – Cetaphil Wash*

You may begin to wash the treated area with cool water and gauze. Follow this with Cetaphil lotion and more Aquaphor.

#### *3<sup>rd</sup> & 4<sup>th</sup> Day After*

Alternate between Cetaphil washes, vinegar soaks and reapplication of Aquaphor.

### **Daily Post Instructions**

- Sleep with head elevated on pillows (head above heart) the first few nights post treatment – this will help minimize swelling.
- Use a clean pillowcase each night to avoid contamination of the skin.
- Redness will be followed by a spotty brown appearance from the scab formation. Avoid “picking at” or scrubbing the skin. It is important to let the healing process take its course and allow the scabs to flake off naturally.
- Avoid direct sun exposure. After healing, apply SPF 30+ sunscreen or greater for six weeks following treatment.
- Please refrain from using any other skin care line for the first 2 weeks after your procedure. Test spot area for sensitivity before applying to entire face.
- Avoiding excessive salt pre/post treatment can help minimize swelling.
- Wear a protective hat the first 2 weeks while outdoors.
- Avoid dirty, dusty environments while skin is healing.
- Avoid hairspray, perfumes, hair salons, and anything that can irritate the skin while your skin is healing.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness signature: \_\_\_\_\_