**Clear Lake ENT & Facial Plastics**

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**CO2 PRE-TREATMENT INSTRUCTIONS**

1. Please notify us of any history of diabetes, herpes, blood coagulation disorders, keloid or hypertrophic scaring.

2. For the one month prior to treatment, avoid sun exposure, as well as tanning beds and tanning creams. If you are tanned, you may not be treated. Use a sunscreen designed to protect against UVA and UVB rays with a 30+ SPF at all times and reapply as directed by the manufacturer. Sun exposure is defined as direct sun exposure without protection for ten or more minutes.

3. Discontinue the use of Retin-A or any retinol-type products at least **1 week** prior to your treatment.

4. Discontinue the use of all exfoliating products, and glycolic and alpha-hydoxy acid products, 1 week prior to your treatment.

5. Wait at least **1 week** after Botox injections before having a fractional CO2 laser treatment.

6. The most common reason for post treatment infection or acne eruption is caused by the use of products that have accumulated bacteria. *Thoroughly clean all your existing make-up brushes or purchase new brushes and application sponges prior to using following your laser treatment.* For your convenience, Clear Lake ENT & Facial Plastics has many quality products available, especially designed for post-laser treatments.

7. Purchase your post-careCO2 kit at Clear Lake ENT & Facial Plastics.

8. You should not wear any jewelry or contact lenses on your treatment day. Instead bring your eyeglasses.

9. On the day of your treatment***, please come to the office with clean skin (clean shaven if male). Your treatment area should be free of any makeup, creams, perfumes and lotions, except for your sunscreen.***

10. Comfortable clothes should be worn. If your face or neck is being treated, wear a button-down shirt.

11. **IMPORTANT:** Pick up your prescriptions at least two days prior to your treatment. You will begin three medications the day before your procedure.

**PLEASE DO NOT HESITATE TO CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THIS TREATMENT.**

**SMARTSKIN CO2 POST CARE**

• You will experience a burning sensation on the skin that will last between 30 minutes and up to 3-4 hours following your treatment on the first day

• Begin vinegar soaks as soon as you arrive home and as often as needed (1 cup water mixed with 2 tsp vinegar. It is recommended that you prepare a large quantity – gal or more – the day before. Keep covered and refrigerated so that the mixture will be cold when you begin use. Replenish as needed).

• Use frozen peas (bagged in sandwich-size baggies) every two hours for 20 minutes maximum for swelling and discomfort.

• Every 2 hours cover the treated areas with *Aquafor*, from your CO2 kit. This will decrease the healing time and minimize discomfort such as itching.

• Continue taking all medications as directed by your physician.

• If necessary, as directed by your physician take acetaminophen or pain reliever of physician’s choice.

• After 24 hours, cleanse your skin twice a day using the cleanser from your CO2Kit. Avoid hot water. **Do not scrub treated area.**

• After your face has been washed, begin using your post CO2 Kit by applying the appropriate product to the treated sites and lips, as directed, at least 4 times a day, or more frequently, if tightness is noticed.

• Eye Area: Treatment to the upper eye lids may result in swelling and create a slight squint. Redness may persist up to 3 days. Cleanse your eyes with cool water and dab or pat very lightly with a soft towel. Avoid hot water. Lubricating the eye with drops (i.e. artificial tears) will help to decrease the dryness of your eyes.

• If the skin around the mouth is tight, minimize facial expressions, remember to moisturize with *Aquafor*, as needed and use a straw to drink.

• Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for 1 week after procedure. These activities may cause more swelling and pain on your face and slow down your recovery.

• Sleep at a slightly elevated position. Using 2-3 pillows under your head & neck or sleep a few nights in a reclining chair.

• Avoid sun exposure for at least six months. A sunscreen of SPF 30 or higher should be applied every day. Use a hat and sunglasses. Your skin is extremely vulnerable to the sun after having a laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results.

• Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours.

• Once you feel comfortable and healed, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.

• Schedule an appointment following your procedure as soon as possible for 1 week check-up.

• Call the office immediately if problems of increased pain, fever, drainage of pus, signs of infection or bleeding occur.

**CO2 POST CARE INSTRUCTIONS**

**Day Before Treatment:**

• Prepare large container (i.e.gallon-size) of vinegar and water mixture (1 cup water, 2 tsp vinegar), cover and refrigerate to use cold following your laser procedure.

• Have plenty clean washcloths or hand-size towels available for vinegar and water soaks following your treatment.

• Divide frozen peas into individual sandwich-size baggies for use following your CO2.

\_\_\_\_\_ Morning time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets

\_\_\_\_\_ Lunch time – take 1 Clindamycin tablet

\_\_\_\_\_ Bed time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets, 1 Diflucan tablet

**Day of Treatment:**

• Follow all PRE-OP Instructions.

• **Take 2 Ativan, 2 Norco, and 1 Phenergan tablets 1 hour before your scheduled procedure.**

• As soon as you arrive home, begin vinegar and water soaks **2-3 times per hour** until bed time

\_\_\_\_\_ Morning time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets

\_\_\_\_\_ Lunch time – take 1 Clindamycin tablet

\_\_\_\_\_ Bed time – take 1 Clindamycin tablet take 2 *Valtrex* tablets, take 1 Phenergan tablet (if necessary for nausea), take 1-2 Norco tablets (if necessary for pain)

**Day 1 Following Treatment:**

• Continue vinegar and water soaks **2-3 times per hour** until bed time

\_\_\_\_\_ Morning time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets, take 1-2 Norco tablets if needed, or Tylenol, as directed, for pain

\_\_\_\_\_ Lunch time – take 1 Clindamycin tablet

\_\_\_\_\_ Bed time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets, take 1-2 Norco tablets if needed, or Tylenol, as directed, for pain

**Day 2 Following Treatment:**

• Use vinegar and water soaks as needed to soothe skin

• Cleanse skin twice daily.

\_\_\_\_\_ Morning time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets

\_\_\_\_\_ Lunch time – take 1 Clindamycin tablet

\_\_\_\_\_ Bed time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets

**Day 3 Following Treatment:**

• Use vinegar and water soaks as needed to soothe skin

• Cleanse skin twice daily.

\_\_\_\_\_ Morning time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets

\_\_\_\_\_ Lunch time – take 1 Clindamycin tablet

\_\_\_\_\_ Dinner time – take 1 Clindamycin tablet, take 2 *Valtrex* tablets – *should be last of these tablets* \_\_\_\_\_ Bed time – take 1 Clindamycin tablet – *should be last of this tablet*