

## Instructions for ECO2

After your eCO2 laser treatment it will be very important that you follow the doctors recommended post laser treatment skin care program.

The doctor and nurses will discuss your special skin care needs and the products that you will be using after your laser treatment. Some skin care products may cause adverse reactions to your new, sensitive skin and should not be used during the healing process.

Stay out of the sun for approximately one week after your treatment. When you visit the doctor or if you must be outside, please wear a hat or protective clothing over the treated areas. After your skin is healed, the doctor will recommend a sunscreen to be worn every day to protect your new beautiful skin.

Immediately after your laser treatment you will probably feel like you have been sunburned and the treated area will be very red. A special post laser cream will be applied to the treated area (AQUAPHOR). The doctor may recommend applying ice packs or cold compresses to your skin post treatment for comfort. This sun burned feeling may last for a few hours.

When you arrive home it will be very important to drink plenty of fluids and rest. Avoid any strenuous activities or exercise the first week since increased redness may occur with activities that stimulate blood flow or increase body temperature. Alcohol consumption and sauna baths should also be avoided for the same reasoning.

If your face, neck or chest were treated, consider sleeping in an elevated position with pillows (to help you keep propped up) to reduce edema. If necessary the doctor will give you medication to help reduce swelling in the treated area, however some swelling is normal after laser treatment.

You should expect to experience some oozing from the treated area for approximately 48 hours. Do not rub or scratch the treated areas. Use clean, soft cloths to blow away any exudates as necessary and then reapply the special laser cream with the provided tongue depressors.

If you experience a lot of itching, call the doctor and he may recommend an oral medication to reduce the sensation. If you must scratch an area, please use a clean cotton swab and be very careful.

Do not wash the treated area until the doctor's recommended time. When the doctor recommends that you can begin washing the treated area, be gentle. Wash the laser treated area with lukewarm water from a spray bottle or a gentle shower massage spray. Do not use any soaps or emollients on your NEW skin. Reapply the post laser cream after every cleansing. Makeup, sunscreen or other skin care products should not be used until your new skin has completely healed.

As your new skin heals it will look bronzed and you will experience some peeling. Do not pick or peel flaking skin (it will naturally slough off) as you may also remove or damage some of the newly developed skin.

It is very important during the healing process that you keep your new skin moisturized and clean with the products the doctor recommends.

Approximately one week after your skin has healed the doctor will recommend a special skin care program to enhance the rejuvenation of your new skin.

Please do not hesitate to call the office during your skin rejuvenation process with any questions regarding your laser skin care at (717) 728-1700