

### **Pre-treatment for CO2 laser**

- Begin hydroquinone cream twice daily for 4 weeks prior to procedure.
- You cannot be tan for this laser treatment. Avoid the sun for 4 weeks prior to treatment.
- Stop any retinoids or glycolic acid facial treatments 1 week prior to the laser.
- Begin Valtrex 500mg by mouth twice daily, beginning 3 days prior to the procedure, and continuing for a total of 10 days.
- Begin Doxycycline 100mg by mouth twice daily, beginning 3 days prior to the procedure, and continuing for a total of 10 days.
- Obtain Valium 5mg tablets. Take 1 tablet 30 minutes prior to procedure and 1 tablet at the start of the procedure
- Items to purchase prior to procedure:
  - Vaseline
  - Sunscreen with SPF 30 or higher
  - Ice packs, a couple of bags of peas, or a similar version.
    - A little trick I learned: Buy 2-3 one gallon ziploc bags and fill with palmolive, then place in freezer. These hold the cold, but are also malleable. As well, it is easy to clean and won't stick to your face!
  - Hat with wide-brim
  - 1 bottle of white vinegar
  - White, cotton wash clothes or gauze pads

### **Post-treatment for CO2 laser**

- You will feel like you have a bad sunburn on the treated area, but if you have severe pain, this is not normal---call me if this occurs.
- Continue taking your medicine until you have finished all pills
- AVOID THE SUN. AVOID THE SUN. AVOID THE SUN.

For the first 24 hours:

- You will complete the following routine every 2 hours while awake:
  - Ice for 15-20 minutes
  - Gently wipe away vaseline from face with a wash cloth or gauze. Do not scrub—just get what you can—there will be some leftover
  - Apply wash cloth or gauze soaked in vinegar solution for 10-15 minutes

- Vinegar soak: add 2 tsp of vinegar to 1 cup of water. I would suggest making a gallon of this mixture and putting it in the fridge so you have it ready.
  - Reapply vaseline
- Feel free to ice more often, as this will speed-up the recovery process and provide comfort.

#### Day 1-3

- You will be red and swollen, but the sunburn feeling should be virtually gone.
- Begin washing face with gentle cleanser once-twice daily
- Continue the wound care regimen above (during waking hours): every 2 hours for day 1, every 3 hours for day 2, and every 4 hours for day 3
- Some areas will start to turn brown, in a dot-like pattern, which is expected.
- Do not pick off any skin.
- Avoid the sun.
- No makeup.

#### Day 4-6

- The redness and swelling should be much less at this point.
- Continue with gentle cleanser.
- The wound care can be completed three times daily.
- The skin will have a “bronzed” or “sun-tanned” appearance and become flaky and begin to peel---resist peeling off any skin!
- Avoid the sun. If you go out, make sure to wear SPF 30 or higher and wear a wide-brimmed hat.
- No makeup.

#### Day 7-10

- The majority of the skin has healed and you are starting to look normal again!
- Soaks are no longer necessary, but you should keep the skin moist with a gentle cream or lotion.
- You can begin to wear makeup.
- Avoid the sun. If you go out, make sure to wear SPF 30 or higher and wear a wide-brimmed hat.