



After Care Instructions

CO₂ Laser Resurfacing

Aftercare Instructions

If you have a history of cold sores (Herpes Simplex Virus) Valcyclovir will be prescribed for you.

- One 1g tablet twice daily on the day of your procedure, and the day after the procedure.

Your Soothe+Support Post Laser Care Kit includes:

- Soothe+Soak recovery solution with disposable cups and compressed towelettes (keep solution in refrigerator for cooling effect.)
- Soothe+Softwash foaming cleanser for sensitive skin
- Soothe+Spray cooling comfort antimicrobial hydrating mist
- Soothe+Salve intensive antimicrobial soothing balm
- Soothe+Shield gentle protective sunscreen

No Makeup For 7 Days

- Days 1 - 2 Wet Phase, Initial Healing and Protection
- Leave PRF on for 4 hours after treatment
- Use Soothe + Soak towelettes liberally every 2 hours while awake. DO NOT use regular soap or water on the treated area during this phase.
- To use a towelette, carefully fill one disposable cup halfway with Soothe+Soak solution. Add one compressed towelette (do not unfold). Once the solution has been absorbed, gently unfold the towelette and apply it to the face for 10-15 minutes.
- After each use of a towelette, apply Soothe+Spray
- Oozing is expected and if it continues into Days 2 and 3, continue the moist towelette every 2 hours while awake.

Days 3 - 4 - 5 - 6 Transition Phase, Wet to Dry Healing

- On Day 3, begin applying Soothe+Salve after using a towelette to support the transition into dry healing. Continue using Soothe+Soak moist towelettes and Soothe+Spray throughout the day. Apply Triamcinolone acetonide 0.025% cream twice daily for seven days
- On Days 5 and 6, begin washing your face with Soothe+Softwash and decrease the Soothe+Soak to 2-4 towelettes per day. After each towelette, apply Soothe+Salve.
- Apply Soothe+Salve to any dry areas to prevent excessive flaking.
- Use Soothe+Spray as needed to maintain moisture and comfort

Day 7 Onward Healing and Protection Phase

- On Day 7, discontinue the moist towelettes and begin using Soothe+Shield SPF for broad-spectrum sun protection and to help camouflage redness.
- Continue applying Soothe+Salve for hydration.
- Use Soothe+Spray as needed to maintain comfort.

Additional Guidelines

- Avoid sun exposure completely for the first 7 days. When outdoors, wear a wide-brimmed hat in addition to SPF.
- Do not pick or peel any flaking skin-allow natural exfoliation.
- Use lukewarm water only when showering or washing the face.
- Hydration is key - Drink plenty of water to support healing.
- Ice packs are recommended to reduce swelling, especially during the first couple of days after treatment. Apply over a towelette and do not apply directly to your skin.
- Antihistamines over-the-counter like Allegra or Zyrtec can be taken as directed to reduce itch.

When to Call Us - Please contact our office if you experience

- Increasing pain rather than gradual improvement
- Pus or yellow drainage
- Fever or chills
- Significant swelling that worsens after day 2-3
- Any symptoms that concern you
- Redness, swelling, oozing, and peeling during the first several days are normal parts of healing after CO₂ resurfacing.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.