

## CO2 Laser Dot Therapy Aftercare Sheet

### What to expect:

- Your skin will feel warm and tight, like sunburn for up to several days
- Your skin may feel dry and rough like sandpaper for up to 2 weeks following treatment. Your skin may flake and peel, it is important that you do not pick this off. Keep skin moisturised - it is ideal to apply less moisturiser more often rather than a lot of moisturiser only once or twice a day.
- You may experience some pigmentation that will flake and fall off on its own - it is important that you do not pick this off. Your skin may appear darker for up to a 2 weeks post treatment - this is completely normal and part of the healing process.

### Post Treatment Instructions

- Do not wash your face on day of treatment, you can apply a gentle moisturiser if needed
- You can apply cold compress to the face for 20 minutes on and 20 minutes off if needed - do not put ice or ice packs directly on the skin, please cover with a cloth
- Avoid touching the face for 24 hours
- Drink plenty of water
- Mineral makeup can be worn 7 days post treatment
- Gentle cleanser and a gentle moisturiser can be used from the day following treatment for 7-14 days
- No use of exfoliants, AHA or BHA and Retinol or Retin-A (Vitamin A) containing products (these are commonly exfoliating cleansers, toners, scrubs, serums, or masks) for minimum of 14 days post treatment.
- No excessive exercise for 24 hours. We recommend avoiding strenuous exercise/perspiration for 7 days post treatment
- No swimming for 2 weeks post treatment
- No hot tubs, saunas, steam rooms or excessively hot showers for 7 days post treatment
- Avoid hot water directly on the face for 24 hours
- Avoid sun exposure for minimum of 2 weeks - this is very important in order to avoid post-inflammatory pigmentation. If you need to be out in the sun please ensure you are protected with SPF and a hat.
- If you are a smoker it is recommended that you stop/avoid smoking while the skin is healing.