



DEKA CO2 Cool Peel Fractional Laser Resurfacing After Care Instructions

- Generally, the redness and swollen will last 2 days. In the deep treatment area like lines and scars, the redness and swollen will be more obvious on the 2nd day and last about 4 days. If you have aging spots or skin lesions removed during the procedure, you will see scabs formed over the lesions. Do not scratch or peel these scabs. They will fall off around 7 days.
 - Aquaphor will be applied to the treatment area after your procedure. Reapply 2 hours after treatment. Continue to apply Aquaphor to the treated area as needed to keep treated areas moist at all times. If Aquaphor causes acne breakouts, use Centaphil Moisturizing lotion instead.
 - If you have a history of cold sores, please start your Valtrex prescription.
 - Following treatment, apply ice or cold compresses to the treated area for 10 minutes every 1-2 hour for 3-5 times. If you still feel an uncomfortable burning sensation, you can repeat this icing process in the first 24 hours. If needed, you can take Motrin, Ibuprofen or Aleve for pain relief; Claritin for itch relief. Please follow the manufacturer's directions for the doses.
 - Do not wash your face for 24 hours.
 - After 24 hours, you can use white vinegar water to wash your face gently (**please see the 2nd page of instruction**). Pat dry and apply Aquaphor. Repeat this rinse/Aquaphor reapplication cycle at least 4 times daily for 2 days.
 - On Day 4, you may start Cetaphil Gentle Skin Cleanser 1-2 times daily to wash your face. You can use your own lotion if that does not irritate your skin.
 - Avoid sun exposure for 7 – 10 days. It is recommended to go outdoors as little as possible. Your skin will be VERY sun sensitive. However, if you go outside, please apply physical sunscreen containing zinc oxide/titanium and wear a wide brimmed hat.
 - Avoid any irritating medications or chemicals, particularly on the face. Examples include: Retin-A, Benzoyl peroxide, glycolic acids, or astringents. Only 6 weeks after your treatment date may you begin using these glycolic agents.
 - Do not undergo waxing, microdermabrasion, or light peel procedures for 2 months post treatment.
 - You may shower using lukewarm water 24 hours post procedure with baby shampoo. Reapply Aquaphor ointment after showering.
 - Do not apply make-up to the treated area in the 1st week.
 - Do not shave the treated area for at least 10 days after the treatment or if the area is inflamed or irritated.
 - After the first week you may resume most activities with the exception of sun exposure. You may begin applying makeup and sunscreen as needed.
 - Please do not perform exercise or heavy physical activity for one week following treatment.
- If you have any questions and concerns, please feel free to contact us:



Aquaphor & White Vinegar Wash Instruction(Day 2 and Day 3)

What you will need:

A clean container to soak the gauze

Aquaphor

Dry Gauze

Bottled Water 16oz.

White Distilled Vinegar

Mixing Vinegar Water Wash:

1. Open an un-used 16 oz bottle of water
2. Pour 2 tablespoons of water out of the bottle
3. Place 2 tablespoons of Vinegar into the bottle.
4. Shake to mix.
5. Mark the bottle to not get confused with plain water bottles
6. Place 5-8 gauze pads in the container and pour in enough vinegar wash solution until all gauze pads are saturated.

Using the Vinegar Wash After 24 Hours Post Procedure:

1. Wash your hands with soap and water.
2. Reach into the container and retrieve a gauze pad that has soaked in the vinegar/water solution. Using gentle pressure, wipe over the treated area to remove Aquaphor and secretions. Allow the vinegar solution to remain on the treated area for a minimum of 5 minutes.
*Remember to use one hand to reach into the container and take out the gauze (your clean hand) and the other hand to wipe the area (the dirty hand).
3. You may need to soak areas of crusting with vinegar gauze. Vinegar soaked gauze placed on the area also helps to reduce itching.
4. Use the vinegar wash at least 4 times daily on the day 2 and day 3 after procedure while you may be swollen and your skin sensitive.

Applying Aquaphor:

1. Wash your hands with soap and water.
2. Apply a thin layer of Aquaphor to entire area treated with the laser.
3. Do not let the treated area become dry, re-apply aquaphor as necessary to keep area moist for the first 3 days.