

Pre and Post Care Requirements and Supply List

- o You will need to get the following supplies for post-treatment:
- o Moisturizing, non-absorbent ointment recommended by Dr. Haryani.
- o Gentle, hypoallergenic skin cleanser recommended by Dr. Haryani.
- o Ice/cold packs
- o A broad-spectrum (UVA/UVB) sunblock SPF 50 or greater for post-treatment.
- o Any procedure specific prescription medications prescribed by Dr. Haryani.

CO2 Laser Pre-Treatment Instructions

- For one month prior to treatment, avoid sun exposure, tanning beds, and tanning creams. Use a broad-spectrum (UVA/UVB) sunblock SPF 30 or greater when treatment area is exposed to the sun. If you are tanned, you may not be treated.
- If your face and neck are being treated, they should be clean-shaven before the procedure.
- On treatment day, wear comfortable clothes and shoes. If your face or neck is being treated, wear a button-down shirt.
- You should not wear a watch or any jewelry on treatment day. If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead.
- It is important to follow all instructions. If you have any questions about these instructions or the procedure, please contact our office.

CO2 Laser Post-Treatment Instructions

First 24 Hours

It is very important that you follow all post-treatment instructions. You will have minimal to no discomfort when these instructions are followed during the first 24 hours after treatment.

- Use ice/cold packs every two hours for 20 minutes maximum for swelling and discomfort.
- Cover treated areas with a moisturizing ointment every two hours.
- Keep your head elevated by using two or more pillows when lying down.
- Continue taking all medications as directed by Dr. Haryani.

After 24 Hours

- Continue to use ice/cold packs (20 minutes on/20 minutes off) as needed for swelling and discomfort.
- Continue taking all medications as directed by your physician.
- If necessary, take acetaminophen or pain reliever as directed by Dr. Haryani. Pain should abate within 24 hours. ***If you feel pain 1-2 days after procedure, call the office.***
- Your skin may feel sensitive and may have a red, pigmented and swollen appearance depending on the treatment. The treated area may itch.
- Continue to keep treated areas covered with a moisturizing ointment every 3-4 hours. This will

decrease the healing time and minimize discomfort such as itching.

- Periodically lightly spray the treated area with cold water.
- Begin gently cleaning the skin twice a day with a mild, hypoallergenic cleanser. Do not scrub the treated area. Reapply non-absorbent ointment after each wash.
- For a few weeks after treatment, avoid sun exposure, tanning beds, and tanning creams. Use a broad-spectrum (UVA/UVB) sunblock SPF 50 or greater when treatment area is exposed to the sun. If possible, cover treated area with clothing or use a brimmed hat to reduce sun exposure.
- Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually at least 24-48 hours.
- Once you feel comfortable and healed, a normal skin care regimen, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.
- If you have any questions or concerns, about these instructions or the procedure, please contact our office. Always call us promptly (*call the office and dial 2*) if there is any increase in pain or increase in skin redness.

Keep all follow up appointments, so we can assess how the treatment is progressing.

Patient Signature _____ Date _____

Physician Signature _____ Date _____