

## GUIDE FOR POST **CO2 LASER CARE**

### **1** ▶ General Recommendations:

- Avoid Sun Exposure
- Avoid washing your face with water for 8 hours.
- Apply the prescribed healing ointments every 2-3 hours.
- Wash your face with a mild cleanser, not regular soap.
- Use soap-free cleansers for 5 days.
- Do not apply makeup or cosmetics for 48 hours post-treatment.
- Wait until scabs have formed on the skin to start applying sunscreen.
- Do not scrub or pick at the skin.
- Stop using acids or skin lightening products until your skin is fully healed.



### **2** ▶ Prescription Medications:

- Antiviral medication to prevent herpes flare-ups.
- Pain relief medication every 6 hours if needed.
- **Pregnant or nursing women should consult a doctor.**



### **3** ▶ Additional Tips:

- Apply the healing ointments immediately; there's no need to wait 8 hours. The quicker you begin, the better. Ensure you apply them with clean hands.
- Keep your skin moisturized by reapplying healing creams whenever it feels dry, aiming for at least eight applications daily.
- Ideally, minimize sun exposure for 48 hours post-laser treatment to avoid sunscreen use, as this can irritate your skin, which will be more sensitive during this time.
- Apply a gauze pad or cloth soaked in cold saline solution or chamomile tea to the skin 8 hours post-treatment.



### **4** ▶ Post-Laser Facial Mask

For faster skin recovery after laser treatment, we recommend using a post-laser facial mask that contains beta-glucan, which has immune-boosting properties, and additional calming ingredients.



**Wear it for 30 minutes immediately after the procedure, applied by the doctor in-office.**