

CO2 Laser Resurfacing and Deep Chemical Peels

PRE-PEEL REGIMEN (Begin 1 month prior to treatment)

Sheer or Tinted Physical Sunscreen	Each Morning x 4 weeks
Hydroquinone 2% Pads	Each Night x 3 weeks
Retinol Serum	Each Night x 3 weeks
Ultra Lite Moisturizer	Each Day and as needed x 3 weeks

- You will have facial redness, dryness, and mild peeling skin from this pre-peel regimen: Moisturize as needed
- Stop your pre-peel regimen 3-4 days prior to your treatment

TREATMENT DAY

- Please arrive with no make-up or contact lenses
- A topical numbing cream will be applied to your face for comfort

POST-PEEL REGIMEN (Begin day of treatment)

Bacitracin or Healing Ointment	3-4 Times per Day x5 days
Gentle Soothing Cleanser	3-4 Times per Day beginning day 1 post treatment
Sheer or Tinted Physical Sunscreen	Each Morning beginning day 5 post treatment

ACTIVITIES

- The only activity permitted for the first 48 hours is walking, which you should do at least 3 times per day.

SKIN CARE

- Your face will be covered with ointment after the procedure.
- Beginning on the day following your treatment, cleanse your face with gentle cleanser *3-4 times daily* to GENTLY wash the surface of your skin.
- Apply Bacitracin or Healing Ointment to your face *3-4 times daily* or as needed beginning the evening of your treatment and continuing for the first week.
- *Do not pick or peel at your skin!* If you notice flaking or peeling skin, simply apply additional ointment.
- Apply sunscreen beginning on the 5th day after your treatment, and avoid sun exposure for 6 months.
- You may wear makeup after 7-10 days.
- Beginning at 4 weeks post-treatment, *resume the Hydroquinone pads* each evening, and apply moisturizer as needed.

APPEARANCE

- Swelling and “puffiness” is expected after your procedure, but the degree varies from patient to patient. Cold washcloth & ice compresses may be helpful to improve comfort. Swelling is worst on day 3.
- You will have facial redness and peeling skin that will not look “normal” for 6 weeks.
- You may feel tightness and pulling in your face for several weeks. This will slowly fade.
- You may experience temporary numbness along areas of the face, and itching along treated areas.
- Contact our office immediately should you develop any sudden pain, swelling, fever or redness.

FOLLOW-UP CARE

- Your first postoperative visit will be 3-5 days after your procedure.
- If desired, your second laser resurfacing treatment will be 3 months after the first treatment

WHEN TO CALL

- If you have increased blisters or ulcers
- If you have drainage.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.

If you have any problems or concerns related to your treatment we have not discussed or that have not been covered in these instructions, please call or email our office at your convenience. We are always here to help:
(407) 512-0891 / info@OppenheimerMD.com