



CO₂ Laser Post-Care Instructions

MILD TREATMENT

What to Expect

- Warm or sunburn-like sensation for up to 24 hours
- Mild redness and possible light swelling
- Skin may feel rough or dry for 3–7 days
- Minimal downtime; most patients resume normal activities quickly

Post-Care Instructions

- Apply a thin layer of Alastin Nectar then Alastin Soothe & Protect and/or ZO Hydrating Cream regularly — do not let skin dry out
- Avoid touching or cleansing the area for the first 24 hours
- After 24 hours, cleanse gently with a mild cleanser
- Avoid sun exposure, intense workouts, and sweating
 - If sweating occurs, cleanse gently with a 50/50 vinegar and water mix
- Sleep with a clean pillowcase and head slightly elevated
- Avoid makeup and makeup brushes for 48 hours
 - Mineral makeup is preferred if needed
- A cool misting spray may be used for comfort

Downtime

- Redness similar to a sunburn for 2–3 days
- Light peeling or rough skin may occur; gentle exfoliation is ok after day 4

MEDIUM TREATMENT

What to Expect

- Moderate redness and swelling
- Peeling and dryness typically begins 2–7 days post-treatment
- Possible clear drainage or light oozing in first 24–48 hours
- Downtime varies but typically 5–7 days

Post-Care Instructions (First 48–72 Hours)

- Do not shower face or neck for 48 hours
- Wash hands thoroughly before touching treated areas
- Perform vinegar soaks (see at bottom) every 4–6 hours
- After each soak:
 - Pat dry (do not rub)
 - Apply a thick layer of Alastin Soothe & Protect
- After 24 hours:
 - Use Alastin Nectar during the day
 - Continue Soothe & Protect at night
- Keep head elevated while sleeping
- Avoid heat, sun exposure, and sweating



After First Week

Continue Alastin Nectar twice daily for 2-4 weeks
Begin prescription-grade SPF once skin has healed
Do not pick or pull peeling skin

AGGRESSIVE TREATMENT

What to Expect

- Significant redness and swelling (may last 1–2 weeks)
- Exudates/bleeding/crusting. Clear fluid (exudates) or blood may ooze onto skin. Frequent wound cleaning and Soothe and Protect during the first days post procedure is critical in preventing crusting. Do not rub/scrub.
- Acne or milia formation: Flare-up of acne or formation of milia possible and may appear 2-4 days post treatment. This is usually self-limiting and resolves within one week. Do not pick at lesions.
- Risk of infection from bacterial, viral or fungal agents exists despite our best preventative effort. Wash your hands! Keep your environment clean! This is a must.
- Scarring may occur from crusting, infection, or simply being exposed to laser. This risk is extremely low with the Fractionated CO2 laser.
- Itching usually occurs as a part of the normal wound healing process. This usually occurs 3-4 days post procedure and may last up to one week. Cold compresses (20 minutes on and off) as needed to alter sensation can help. An oral antihistamine such as Zyrtec or Benadryl can also help.
- Redness may persist for several weeks to months
- Downtime typically 7–14+ days

Post-Care Instructions (Critical First Week)

- Vinegar soaks:
 - Every 2–3 hours for first 24 hours
 - Every 3–4 hours after 24 hours
 - Continue daily or as needed after 48 hours
- Apply Alastin Nectar then Soothe & Protect after every cleansing
- Do not rub, scrub, or pick at skin
- Keep environment clean; infection prevention is critical
- Head elevation and strict sun avoidance required
- Take prescribed medications as directed
- Tylenol for discomfort; antihistamines may be used for itching
- When starting to use make-up again, please make sure brushes/tools are clean

Long-Term Care

- Continue Alastin Nectar twice daily for 2-4 weeks
- Strict sun protection
- Notify your provider if skin appears unusually dark or light



Vinegar Soaks Instructions:

- Use a clean bowl or a clean zip-top bag
- Mix 1 cup of water with 1 tablespoon of white distilled vinegar
- Add 10–15 gauze pads to the mixture
- Store the mixture in the refrigerator

With each use:

- Remove gauze pad and gently open it
- Apply to the treated area
- Leave on for 10 minutes
- Remove and pat dry
- Do not rinse

Medical Disclaimer: This post-care information is provided for general guidance and does not replace professional medical evaluation or treatment. If you experience symptoms that may indicate a serious or potentially life-threatening condition, seek immediate medical care.

