

# CO2 Laser Post Care Instructions

Immediately after treatment, apply the post care product (Regenerating Skin Nectar) to the treated area(s) once the heat has reduced.

You will experience erythema (redness) for 1-5 days following the treatment. Erythema may last longer with more aggressive treatments.

Swelling and a mild to moderate sunburn sensation is also common post treatment and may last 1-3 days. To lessen the potential for swelling, you can sleep with your head elevated.

## Post Treatment Day 1:

Vinegar soaks may be applied 1 or more times a day:

- For 1 Cup : 1 Tbsp distilled white vinegar + 1 cup water
- For 1 Quart: 3 Tbsp of distilled white vinegar + 3 quarts of water
- Store in the refrigerator between uses to aid in the cooling effect.
- Moisten non-woven gauze with the solution and apply to the affected area.
- Minimize the exposure to pets, especially cats. Do not allow pets to lick the treated area(s).
- Limit alcohol consumption after the treatment as there could be more bruising or other complications.
- Avoid exercise or any excessive heat for 2 weeks post treatment.
- Change your pillowcase daily for the first 7 days post treatment.
- By day 4, you may apply a mineral powder makeup.
- Avoid sun exposure for at least 5-14 days post treatment. If sun exposure is unavoidable, you must wait at least 5 days post treatment. A zinc oxide-based sunblock with an SPF 30+ must be used.

## Post Treatment Days 2-7:

- In the morning, wash the treatment area(s) with a gentle cleanser (Cetaphil or Cerave) and blot dry.
- Apply the post care product to entire area, making sure product is thick enough and reaches the hairline. Reapply every 3-4 hours and as needed to maintain a moist environment.
- Avoid the use of scrubs/exfoliants for 7-14 days.
- In the evening, gently wash using the gentle cleanser and blot dry and apply post care products to the treated area(s).

For any additional post care questions, please call us at 540-323-7254 and visit us at [blossomaesthetic.com](http://blossomaesthetic.com)

