

CO2 Laser Aftercare

CO2 LASER AFTERCARE

Thank you for choosing CO2 Laser treatment to rejuvenate your skin and address imperfections such as fine lines, wrinkles, acne scars, and pigmentation. To ensure the best possible results and promote optimal healing, please follow these aftercare instructions carefully.

Immediately After Treatment: Mild Redness and Swelling - It is normal to experience redness, swelling, and a mild sunburn-like sensation in the treated area immediately after CO2 laser treatment. This can last for a few hours to a few days, depending on the intensity of the treatment. **Cooling and Moisturising** - Apply a recommended cooling gel or post-procedure cream as directed by your practitioner to soothe the treated area. Keeping the skin hydrated is crucial to avoid dryness and promote healing. **Mild Scabbing or Crusting** - As the skin begins to heal, it may form a thin crust or scabs. This is a normal part of the healing process and should not be picked or scratched, as it can lead to scarring or uneven healing.

For the First 48 Hours: Cold Compress - Apply a cold compress (wrapped in a clean cloth) to the treated area for 10-15 minutes every 1-2 hours during the first 48 hours to reduce swelling and soothe discomfort. **Avoid Heat Exposure** - Avoid hot showers, saunas, or any activities that cause sweating for at least 48 hours after the procedure. Excessive heat can increase swelling and irritation. **Gentle Skin Care** - Cleanse your skin with a gentle, non-alcoholic cleanser and avoid using harsh exfoliants or any strong skincare products that could irritate the treated areas. **Sun Protection** - Protect your treated skin from direct sun exposure by using a broad-spectrum sunscreen with SPF 30 or higher. Sun exposure can cause pigmentation changes and delay the healing process.

For the First Week: Moisturise Regularly - Keep your skin moisturised with a gentle, non-irritating moisturiser as recommended by your practitioner. This will help prevent dryness and promote healing. **Avoid Scratching or Picking** - Do not pick, scratch, or rub the treated area, even if it begins to peel or flake. This could lead to scarring or infection. **Monitor for Side Effects** - Mild swelling, redness, and peeling are normal. However, if you notice excessive swelling, blistering, or unusual pain, contact your practitioner immediately. **Avoid Facial Treatments** - Do not undergo facials, facial massages, or other skin treatments that involve pressure on the treated area for at least 1-2 weeks.

Common Side Effects: Swelling and Redness - Mild swelling and redness are common after CO2 laser treatment and should resolve within a few days to a week. **Dryness, Peeling, or Flaking** - As your skin heals, it will begin to peel or flake off. This is a normal part of the healing process and should resolve within 5-7 days. **Temporary Discomfort** - You may experience a mild burning or tingling sensation for the first few days. This should gradually subside as the skin heals. **Lumps or Bumps** - Small lumps or bumps may form temporarily as the skin heals. These usually smooth out as the healing process progresses.

When to Contact Us: Please contact your practitioner immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, blistering, or discomfort that does not improve. Any unusual discharge or bleeding from the treated area. Any signs of an allergic reaction, such as rash, swelling, or difficulty breathing.

Long-Term Care: Continue Sun Protection - Use sunscreen daily (SPF 30 or higher) for at least 6 months after your treatment, even if you are indoors. Protecting your skin from UV rays is essential to avoid pigmentation changes and scarring. **Avoid Smoking** - Smoking can impair the healing process and increase the risk of complications. It is highly recommended to avoid smoking during your recovery. **Maintain a Healthy Skincare Routine** - After the initial healing period, you can resume your normal skincare routine. However, avoid using harsh exfoliants or products with strong acids unless advised by your practitioner. **Follow-Up Appointments** - Attend your scheduled follow-up appointments with your practitioner to monitor your healing process and discuss any concerns. Your practitioner will assess your skin and guide you on when to resume normal activities.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

CONFIRMATION

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.