



CO2 Fractional Laser Resurfacing/Cool Peel Treatment Instructions

Pre-Treatment Instructions:

- If you have a history of Herpes Simplex outbreaks you should take your prescribed anti-HSV viral prophylaxis prior to treatment as directed by your primary care physician.
- Stop anticoagulants 7-10 days prior to treatment, if medically permitted.
- Avoid any type of intentional tanning for 3-4 weeks prior to treatment, or use at least 50 SPF sun block.
- Avoid any Retinoids (e.g. isotretinoin) for at least 1 week prior to treatment. These medications can cause problems in the healing process with possible scar results.
- Avoid any medications on the photosensitizing list (if possible) - https://web.keepglowingmedicalsapa.com/Policies/Potentially_Photosensitizing_Medications.pdf
- Avoid any chemical peels, dermabrasion and Retin-A, as these would delay wound healing response due to the presence of inflammation or fibrosis.

Post Cool Peel Resurfacing Instructions:

- Ice packs may be applied to the skin to alleviate pain or swelling.
- Emollient (Aquaphor) should be applied for 24 hours post treatment.
- A gentle, fragrance free, anti-bacterial soap should be used on the treatment area for 48 hours post treatment.
- You may apply regular moisturizer and makeup to the treatment area 1-2 days after treatment, once redness resolves.
- Please contact our office if you have any concerns or develop any complications related to the procedure. If you are experiencing a significant amount of pain or are unable to reach our office we advise you to report to your nearest emergency room.
- For optimal results, you should follow up as directed by your practitioner.

Post CO2 Fractional Laser Resurfacing Treatment Instructions:

- Ice packs may be applied to the skin to alleviate pain or swelling.
- A mild, watery, discharge could be seen and should subside spontaneously after 2-3 days.
- Blisters may appear and can be prevented/treated with an antibiotic ointment or burn treatment cream.
- Apply healing ointment or antibiotic ointment, immediately post treatment for 4-7 days until healing is observed.
- Emollient (Aquaphor) and/or antibiotic ointment should be applied 3-4 times a day, after each time the face is cleansed.
- Avoid showering for 24 hours.
- You should be using an antibacterial soap without fragrance on the treatment area for 4-7 days post treatment.
- During the first two days following treatment the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- Avoid direct sun exposure for 2-4 weeks.
- You should use a high-factor sunscreen (at least 50 SPF) and protect the treated area from over-exposure to sunlight for at least one month after the treatment, starting 4-7 days post treatment. Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment.
- For Asian patients and skin types IV and V, a bleaching regimen may be recommended for 6-12 weeks, 2-3 times a week following the healing of treatment area (typically 7 days) to minimize risk of post inflammatory hyper-pigmentation. It should be stopped 48-72 hours before another Morpheus8 session.
- Please contact our office if you have any concerns or develop any complications related to the procedure. If you are experiencing a significant amount of pain or are unable to reach our office we advise you to report to your nearest emergency room.
- For optimal results, you should follow up as directed by your practitioner.