



## PIXEL CO2 LASER RESURFACING PRE & POST CARE INSTRUCTIONS

- Immediately after treatment you may develop a sunburn sensation and appearance. Treated areas will have a micro-dot pattern as well as a grainy texture. You may also have mild to moderate swelling or localized puffiness. This is a normal response and will subside after a few days, possibly up to a week after treatment, depending on the areas treated and the depth of treatment.
  - Avoiding the use of Vitamin E, Fish Oil, Ginkgo Biloba, Aspirin or non-prescription blood thinners for 3-4 days before treatment may help to reduce the potential for bruising.
  - **IT IS NECESSARY TO PROTECT YOUR SKIN WHILE IT'S HEALING** by wearing a broad-spectrum, physical sun block of SPF 30 or higher until all peeling and redness has resolved.
  - Avoid the use of topical exfoliators (Retin-A, AHA/BHA, etc.) facial scrubs/masks, acne management products or facial waxing for at least 10 days, until any redness and peeling have resolved, or as advised by Dr. Tareen.
  - **IT IS IMPORTANT THAT YOU** apply petroleum-based ointment (or prescribed ointments recommended by Dr. Tareen) to your skin multiple times a day to alleviate dryness and protect skin for a minimum of 5 days after treatment. You may switch to a lighter moisturizer after flaking and tightness subside.
  - Wash skin with cool water and a detergent-free cleanser, such as Cetaphil or Eucerine. Do not scrub with a washcloth or use a facial exfoliating brush during cleansing. Pat dry, do not wipe, with a dry washcloth afterwards. **IMMEDIATELY APPLY AQUAFOR TO YOUR SKIN AFTER CLEANSING.** Do not let your skin become dry or tight, as this will cause prolonged redness and peeling.
  - **DO NO PEEL OR PICK AT FLAKING SKIN.** Allow flaking to happen at its own pace. You may GENTLY incorporate a washcloth into your cleansing process if you still have flaking, only after redness has resolved.
  - For the first several days avoid strenuous exercise, hot tubs, saunas, alcohol or anything that will accelerate your heart rate, increase body temperature or have a blood thinning effect. Continue taking all prescription medications as directed by your doctor, including blood thinners, unless otherwise directed. Avoid the use of topical products that have a drying or exfoliating effect.
  - Cool compresses may be applied to alleviate the sunburn sensation for 15 minutes at a time, with a 30 minute break between. Oral Benadryl may be taken to help with itching or mild swelling. You may take over the counter pain relievers to help with discomfort, avoiding aspirin.
  - 100% mineral makeup may be used after 4 days to cover redness.
  - If increasing pain, drainage, fever, or excessive swelling is present, call our office immediately at (651)633-6883 or email [contact@tareendermatology.com](mailto:contact@tareendermatology.com).
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