

DOT Co2 Laser Resurfacing Post-Op Instructions

1. Plan on having someone drive you home. (Required after sedation)
2. You may experience some mild discomfort and swelling following the treatment. Use ice packs as needed for twenty minute intervals every hour for the next 24 hours while awake.
3. Apply Vaseline in a thick layer 5-6 times a day, for first 3 days.
4. On the fourth day, apply Primera Pharmaceuticals Recovery Kit skin care as follows—
 - Wash your face 3 times a day w/ Gentle Cleansing Lotion
 - Then, apply Elite Fortified Cream to your face liberally (3x/ day)
 - Then apply Aloe Cort Cream 3 times a day.
5. Wear Primera Pharmaceuticals 50 SPF.
6. Drink plenty of fluids to keep well hydrated.
7. You may take showers or baths, but avoid using a washcloth or scrubbing the treated areas for 24 hours.
8. Avoid use of products (Retin-A) or (glycolic acid) for two weeks following the procedure.
9. Continue use of antiviral medications as ordered.
10. Sleep on elevated pillow to decrease inflammation and swelling for 2-3 days.

Medications

Pain: Tylenol, take 2 tablets every 4-6 hrs as needed for discomfort. (you do not have to take this medication if you are not in pain)

Anti-viral: Valtrex: 1 tablet twice a day until complete (7 days).

Call our office if:

- Severe swelling occurs
- Blisters appear

Appointment: Your next appointment is _____.