



Ablative Fractional CO2 After Care Instructions

Day of Treatment - Day: _____ Date: _____

Please remember during the healing process that everybody's skin is different. What is normal for you might not be normal for someone else. When we refer to "normal" in your aftercare guide, it is referring to a general, or a "typical" reaction and healing time, but is not necessarily everyone's experience. Some patients take longer to heal, and you might be a patient who heals more quickly. Regardless, this is a daily guide and regimen to follow for the next 6 days. All products are included to make this healing process easier for you, but should you run out of Aquaphor, please go to the store and purchase more.

- Stay out of direct sunlight.
- Jeanette applied a thick and creamy product with oxygen, human growth factors, stem cells and peptides that you will leave on the rest of the day and all night.
- **Do not wash the area today.**
- **Do not apply any moisturizers, serums, aloe, makeup, etc.**
- Take over the counter pain medications if needed, but **not** Aspirin or Ibuprofen. We recommend Tylenol.
- Tonight: Take out pouch containing the In-Cell Treatment masque and carefully apply to the treated area. Lay down and leave on for 20 minutes. This masque was developed specifically for laser treatment aftercare and is very soothing, hydrating and nourishing! It is reusable for up to 3 wears, so put it in a zip-lock bag when you are done and continue using it for the next few days.
- We have an Evian mister in your bag that you can spray as often as needed throughout the next week of healing to calm itchiness and irritation.
- Sleep as elevated as possible.

All Things Vain Medi Spa

9552 Park Meadows Dr, Suite 200, Lone Tree, CO 80124
(720) 630-7790

All Things Vain

medi spa

Day 1 – Day: _____ **Date:** _____

- Ok to shower; keep hot water off treated area. **Expect swelling, redness and pinpoint bleeding!**
- Wash your face with water and provided **face wash** morning and night.
- In your aftercare bag, you will find Hyaluronic acid and several small packets of Truly O2 Moisturizer.
- Apply several drops of hyaluronic acid serum 2-3 times **throughout the day and immediately after washing**. You can mix a small amount of the Truly O2 micro-oxygen moisturizer, and do this every time you use your hyaluronic acid.
- In your aftercare bag, there is a tub of Aquaphor. Apply a thin layer around lunchtime all over treated area.
- Do not apply any other moisturizers, serums, aloe, makeup, etc.
- You will feel like you have a sunburn so stay out of direct sunlight.
- Your skin will also feel tight, dry and a bit like sandpaper to the touch....THIS IS ALL NORMAL!
- Relax and trust the healing process.
- We do not recommend going outside or running errands if that's possible.
- Apply another thin layer of Aquaphor before bed and leave on all night.

Day 2 – Day: _____ **Date:** _____

- Wash your face with water and provided **face wash** morning and night.
- Continue to apply hyaluronic acid serums twice a day after washing.

All Things Vain Medi Spa

9552 Park Meadows Dr, Suite 200, Lone Tree, CO 80124
(720) 630-7790

All Things Vain

medi spa

- Apply thin layer of aquaphor all over the treated area. (This should be around lunch time.)
- Do **not** apply any other moisturizers, serums, aloe, makeup, etc.
- Swelling and redness will continue. Treated area will feel very tight and dry!
- Stay out of direct sunlight.
- Before bed, apply another thin layer of Aquaphor all over the treated area and leave on all night.

Day 3 – Day: _____ **Date:** _____

- Wash your face with water and provided **face wash** morning and night
- Do **not** apply any moisturizers, serums, aloe, makeup, etc.
- Continue to apply hyaluronic acid serum twice a day after washing.
- Swelling will start going down, and peeling may start. Area will feel tight and **may start to itch.**
- Apply a thin layer of Aquaphor several hours before bedtime and leave on all night.

Day 4 – Day: _____ **Date:** _____

- Wash the treated area with water and provided **face wash** morning and night.
- Do **not** apply any moisturizers, serums, aloe, makeup, etc.
- Continue to apply hyaluronic acid serum twice a day after washing.
- Swelling will start going down, and peeling may start. Treated area will feel tight and **may start to itch**
- Apply very generous amount of Aquaphor several hours before bedtime and leave on all night.

All Things Vain Medi Spa

9552 Park Meadows Dr, Suite 200, Lone Tree, CO 80124
(720) 630-7790

All Things Vain

medi spa

Day 5 – Day: _____ Date: _____

- Steam your face in your shower. Use provided **face wash** and use a wet washcloth to remove ointment and dead skin. Be gentle! Do not scrub! This will remove some of the red dots.
- If you are experiencing extra redness and/or scabbing past Day 5, we have provided gauze masques to perform a vinegar soak. In your hand, hold the gauze masque pouring White Organic Vinegar over it and apply soaked masque to treated area. Lay down and let it sit for 20 minutes. Discard gauze and leave excess vinegar on the skin to let penetrate and air dry. This is totally optional, but **can** expedite the healing process.
- After your PM cleanse, use up the rest of your hyaluronic acid serum and incorporate the rest of your Growth Factor Serums- you can continue using these in your skincare routine until they are used up.
- You will have increased sun sensitivity for one month; please use sunscreen.
- Note- if you had severe sun damage, then underlining hyperpigmentation will come to the surface. This is normal and takes longer to heal. Dark squares will eventually fade or flake off. **DO NOT PICK OR YOU WILL SCAR.** Please trust the healing process and leave it alone.

Day 6-

- Return to your normal skin routine. We recommend your next appointment to be Dermaplane, or Dermapen/Microneedling.

All Things Vain Medi Spa

9552 Park Meadows Dr, Suite 200, Lone Tree, CO 80124
(720) 630-7790