

Frequently Asked Questions – Ablative Fractional CO2

Q. Yikes, I am red and swollen!

A. The swelling is your body's reaction to the laser which is **desired and expected**. Your body is sending blood and water to rebuild collagen in your face to heal it from the inside out. Some people swell a lot due to diet or how you position yourself sleeping each night.

Q. Am I supposed to feel so dry?

A. Yes, the laser has evaporated the water in your skin. Dryness will depend on your skin type. We want your body to send blood and water to your face, so do not use moisturizers.

Q. Am I supposed to have lines or dots all over?

A. What you are seeing are dry columns of skin produced by the laser. Some dots may be from pinpoint bleeding and it is completely normal. The amount and severity of dots will depend on your own skin's thickness and the type of treatment you had.

Q. Am I supposed to peel?

A. Some people will peel, others not at all. It all depends on how much dead skin you have been exfoliating before your treatment, or if you have had laser treatments before.

Q. Can I use pain management?

A. Yes, use Tylenol or similar but **not** blood thinners like aspirin or ibuprofen.

Q. When can I expect to see results?

A. Remember, your skin is being rejuvenated from the inside out. It may take 1-3 months to allow your skin to totally replace all the cells to see full results.

Q. How soon can I exercise?

A. We recommend to avoid vigorous exercise and avoid physical exertion, lifting, or straining for about a week after treatment as sweat can irritate the skin and worsen redness and swelling. Normal activities and walking is okay, but be sure to limit sun exposure during the healing process as much as possible.