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## CO2/SmartSkin Post-Treatment Instructions

It is important to follow your physician's instructions after treatment. You will have little to no discomfort when these instructions are followed:

### During the first 24 hours posttreatment

- Use ice/cold packs every two hours for 20 minutes maximum for swelling and discomfort.
- Cover treated areas with a moisturizing ointment every two hours.
- Keep your head elevated by using two or more pillows when lying down.

### After the first 24 hours, follow these instructions

- You can continue to use ice/cold packs (20 minutes on; then 20 minutes off) as needed for swelling.
  - Your skin may feel sensitive and may have a red, pigmented and swollen appearance depending on the treatment. The treated area may itch.
  - Continue to keep treated areas covered with a moisturizing ointment every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching.
  - Begin gently cleaning the skin twice a day with a mild, hypoallergenic cleanser. Do not scrub treated area. Reapply occlusive ointment after each wash.
  - For a few weeks after treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use a broad-spectrum (UVA/UVB) sunblock SPF 30 or greater when treatment area is exposed to the sun. If possible, cover treated area with clothing or use a brimmed hat to reduce sun exposure.
  - Following treatment normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours.
  - Once you feel comfortable and healed, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.