



484 S Miller Road, Suite 201, Fairlawn, Ohio 44333 PH 330-801-9069 website: FairlawnAestheticMD.com

## **C02 Immediate Post-Care:**

- Place cold packs on the skin immediately after treatment (you may use ice, frozen peas, or iced wash clothes for the next few days. The ice/pea Ziplock bags may be put in a pillow case and then on the skin if it is too cold directly on the skin. You may have a “hot” feeling for the first few hours after treatment and the cold packs help greatly. After the first hour, patients do not usually experience discomfort, although you may have a “full, flushed, sun-burnt” facial feeling. Ice is your best friend, you cannot ice too much!! Stronger treatments may have more discomfort. Some may experience pain, which we can medicate for (notify us of pain).
- Use arnica under the tongue “4X4X4” four tablets under the tongue, four times/day for four days or more.
- Apply Restorative Ointment often to keep a generous layer on constantly. You can gently wash the area, late that night or preferably the next day (with facial cleanser), but you should always reapply the Restorative Ointment until all redness is resolved and you only have a pinkish coloration. The Avene Cicalfate and/or Skin Medica Ceramide and Dermal Repair can then be used (depending upon what we recommend) until the pink is gone.
- Do not pick at your skin and avoid aggressive scrubbing of the skin.
- You may shower that night or the next day and wash hair, but avoid excessively hot water.
- Avoid exfoliation for at least two-four weeks (depending on recommendation).
- Avoid sun exposure until all pinkness is gone and for 4 weeks after treatment, and wear a sunblock (not just sunscreen) containing zinc oxide after the fifth day. Use sunblock whenever outside for at least 4-6 weeks.
- Do not wash your face until the late that night (if early morning procedure) or the next morning (day 1). If you want to take a shower, you should take a bath so you do not let water touch your face for the first 24 hours.
- Avoid waxing of the treated area for 4-8 weeks after treatment, consult with Dr. McDaniel before waxing.
- You should use ice or frozen peas for the next few days. **Ice is your best friend, you cannot ice too much!**
- **Just to reiterate: Redness and swelling is expected to be moderate to severe. Remember it is normal to look worse the day after the procedure and even worse on the second day! However, if blistering, extreme redness and swelling, sign of burns, ulcers, infection, smell, or anything you are concerned about occurs, notify your Doctor by office or cell immediately.**

## **DAY 1 (first full day after treatment)**

Continue Aquaphor and begin cleansing (after 24 hours) and lightly wiping skin debris with the facial cleanser (2-3 times/day). If you have been given the cooling spray, use it only after cleansing (before ointment) and after each time you cleanse. So now the order is: cleanse, spray, ointment, and reapply the ointment throughout the day. Do not use a wash cloth until told to do so. You may shower in cold/warm water and wash hair. Make sure you reapply the ointment frequently. You should use ice or frozen peas for the next few days. Continue with prescribed medications.



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## **DAY 2**

Continue cleansing, Aquaphor and relatively constant icing. If debris is dry and brown, you may wash with a facial cleanser 3-4 times/day. Do not rub your face aggressively with a wash cloth. Let the cleanser take off any debris. Continue with prescribed medications.

## **DAY 3-5**

Continue cleansing, and Aquaphor. Remove residual debris with the facial cleanser. If you begin to itch or shed skin, you may use prescribed ointment if you are given this product. You can also mix two tablespoons of vinegar with a cup of cool water. Then soak a wash cloth in the solution and cover your face with the cloth for 10-20 minutes.

## **DAY 5-7**

Use prescribed medications until pinkness is gone (for a maximum of ten days) and then stop. At this point, your physician may have changed you to using other skin care. You can continue to use the facial cleanser. You may wear make-up when pinkness is gone completely.

## **EXTRAS**

- REMEMBER: DO NOT PICK AT YOUR SKIN!
- Sleeping on your back, with a few pillows to elevate your head may help reduce swelling.
- If you experience itching, you may take Benadryl 25 mg up to four times a day (over-the-counter), or you can do vinegar soaks. Remember Benadryl may make you drowsy or wired! Vinegar Soaks also help with itching.
- It is normal for your skin to have lighter and darker areas as it heals. The skin will likely heal unevenly, with the eyes/mouth areas taking longer to heal.
- A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur 2-3 weeks Post-Treatment. These symptoms are not unusual and can be easily resolved. Contact our office if this occurs and we will provide you with an antibiotic prescription if necessary.
- Abnormal Healing. If you notice any blisters, burns, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact your Doctor immediately.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact Dr. McDaniel at 330-801-9069

**I understand instructions and warning signs and will call immediately**

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