

Post-Treatment

MiXto SX Fractional CO2 Laser

DAY OF TREATMENT:

Immediately after treatment and up to about 3 hours after, the treatment area will have a burning sensation similar to sunburn.

Other than a mild burning sensation for the first few hours, most patients experience no other pain. If you are experiencing discomfort, you can take acetaminophen. Do not take aspirin or aspirin related drugs during the healing process due to the increased risk of bruising or bleeding.

If you are experiencing intense pain, nausea, vomiting, headache, severe itching or swelling, or pustules, call Dr. Laura at 520-444-6519. If you are having an emergency and it is after business hours (9pm), please go to the ER.

We recommend you:

- Avoid alcohol the first 24-48 hours.
- Avoid prolonged sun exposure for at least 3 months following your procedure. Apply a moisturizing SPF 30 sun block every day.
- If a post-treatment skin bleaching regimen was prescribed, it should not be resumed until at least 7-10 days after the treatment.

WASHING & BATHING:

The day of your procedure your skin will be sensitive. **Do not apply any products or wash the area!** It is not uncommon for the treated areas to slightly weep a pale-yellow fluid the first 24 hours after the procedure. This is part of the normal healing process. You may want to place a towel on your pillow at night to protect it.

Starting the day after your treatment and continuing until your skin has completed peeling, it is important to use gentle shampoo/baby shampoo while you are healing. Vinegar soaks are also useful to help dissolve any unwanted material from the treated area, soothe the skin, promote healing, reduce itching, and inhibit bacterial growth.

Recommended cleaning follows on the next page.

Here is what we recommend:

1. Thoroughly wash hands before touching the treated area.
2. Mix 1 teaspoon of plain white vinegar water with 1 cup of cool tap water. If this solution stings or burns, use 1 teaspoon of vinegar to 2 cups of water. Prepare a new solution each time to prevent contamination.
3. Soak a clean wash cloth in the solution. Ring out any excess and then lay it over the treated area for 10-15 minutes. Do not rub the area!
4. After the soak, gently pat the treated area dry with a clean soft towel.
5. Repeat this procedure 3-4 times daily until your skin has completed peeling.

After cleansing your skin and/or after each vinegar soak, a thin layer of Aquaphor should be applied and should be applied and reapplied throughout the day as needed to moisturize and protect the treated area. You do not need to remove the Aquaphor prior to the vinegar soak.

HEALING:

Once the treated area has completely peeled, makeup and a full-spectrum sunblock of SPF 30+ can now be applied and you can start using a gentle moisturizer (Cetaphil is recommended) instead of the Aquaphor.

Here is what to expect during the healing process.

Day 1-2: The fine pinpoint pattern will begin to disappear and the skin will have a tanned look.

Day 3-4: The top layer of skin will begin to peel while cleansing the area. New skin will be revealed.

Day 5-6: The peeling process will be complete in most cases. After your skin peels, you will notice an immediate improvement of your skin texture and tone. You will continue to see reduction of fine lines and wrinkles over the next 6 months as new collagen is produced.

FOLLOW-UP:

Please make an appointment with Lani in 10-14 days following your procedure for photos.