

### **CO2RE Pre Procedure Instructions**

- **Hydrate** – we recommend that for seven days pre-treatment you moisturize your skin in the morning and evening and drink at least 8 glasses of water per day to completely hydrate your skin to optimize treatment results.
- You may be provided an antiviral prophylaxis 3-4 days prior to the procedure if you are undergoing a deeper treatment or if you have a history of Herpes Simplex to avoid outbreak.
- Topical retinoid therapy should be discontinued 3-4 days prior to treatment.
- Avoid any prolonged exposure to the sun. If you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.

### **CO2RE Post Procedure Instructions**

- Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) for 1-3 days, however with more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. After the second day, skin will appear as an exaggerated tan. Skin will begin to flake at 5-7 days on the face and neck; 7-10 days for the chest; and 10-14 days for the hands.
- Your provider may opt to use additional cooling methods such as cool compresses, gel packs or facial mask for up to 10 minutes after treatment.
- Before discharge a topical ointment (like Aquaphor) may be applied to the face, no bandages or wraps are necessary.
- For more aggressive treatments, your provider may prescribe the use of vinegar soaks to be applied multiple times a day.
- Your provider will inform you when you may resume the use of your usual skin care products.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area, as if you had a sunburn.
- **Avoid sun exposure to reduce the change of hyperpigmentation (darker pigmentation).**
- The use of a zinc oxide sun block SPF 30+ at all times throughout the course of treatment is recommended.
- Multiple treatments (3 or more) over a period of several months may be required to achieve the desired response. You may notice immediate as well as longer term improvements in your skin.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.