

CO2 Laser Pre and Post Treatment Instructions

CO2 Laser Pre-Treatment Instructions

- You will need to get the following supplies for post-treatment:
 - Moisturizing, non-absorbent ointment recommended by Dr. Kaado.
 - Gentle, hypoallergenic skin cleanser recommended by Dr. Kaado.
 - Ice/cold packs
 - A broad-spectrum (UVA/UVB) sunblock SPF 50 or greater for post-treatment.
 - Any procedure specific prescription medications prescribed by Dr. Kaado.
- For one month prior to treatment, avoid sun exposure, 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 you are tanned, you may not be treated.
- If your face and neck are being treated, they should be clean-shaven before the procedure.
- On treatment day, wear comfortable clothes and shoes. If your face or neck is being treated, wear a button-down shirt.
- You should not wear a watch or any jewelry on treatment day. If you wear contacts, do not wear them on treatment day; bring your eyeglasses instead.
- It is important to follow all instructions. If you have any questions about these instructions or the procedure, please contact Dr. Kaado.

CO2 Laser Post-Treatment Instructions

First 24 Hours

It is very important that you follow all post-treatment instructions. You will have minimal to no discomfort when these instructions are followed during the first 24 hours after treatment.

- 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.
- Continue taking all medications as directed by Dr. Kaado.

After 24 Hours

- Continue to use ice/cold packs (20 minutes on/20 minutes off) as needed for swelling and discomfort.

- Continue taking all medications as directed by your physician.
- If necessary, take acetaminophen or pain reliever as directed by Dr. Kaado. Pain should abate within 24 hours. If you feel pain 1-2 days after procedure, call Dr. Kaado.
- 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.
- Periodically lightly spray the treated area with cold water.
- Begin gently cleaning the skin twice a day with a mild, hypoallergenic cleanser. Do not scrub the treated area. Reapply non-absorbent ointment after each wash.
- For a few weeks after treatment, avoid sun exposure, tanning beds, and tanning creams. Use a broad-spectrum (UVA/UVB) sunblock SPF 50 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 at least 24-48 hours.
- Once you feel comfortable and healed, a normal skin care regimen, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.
- If you have any questions or concerns, about these instructions or the procedure, please contact Kaado MD. Always call Kaado MD promptly if there is any increase in pain or increase in skin redness. Keep all follow up appointments, so Dr. Kaado can access how the treatment is progressing.

I understand and will follow these post-treatment instructions.

Client Name (Printed): _____

Client Signature: _____ Date: _____