



### Aftercare Instructions for C02 Fractional Skin Resurfacing

- Use cold packs as needed for swelling and heat discomfort. Frozen peas or corn work great!
- Apply cold compresses to treated area.
- Take prescribed pain pills (eat food prior to taking) or Tylenol/Tylenol PM as needed and drink plenty of water during the first few days.
- You will experience a sunburn sensation in the treated area with swelling with usually resolves within 3 to 5 days depending on how aggressive the treatment was.
- As the rejuvenation progresses your pink skin will take on a bronze appearance and begin to naturally exfoliate. The exfoliation is painless and occurs around day four or five. Exfoliation can be gently encouraged by massing fingertips into the skin, or using a washcloth.
- Use **Aquaphor Ointment** (the first 3 to 5 days) several times per day as needed to keep skin moist.
- You may shower and gently wash your face starting the **day after** the procedure with **Cetaphil Facial Cleanser** *not* **Cetaphil Lotion Cleanser**.
- As an alternative to Aquaphor and Cetaphil, our doctors recommend The **Epionce Skin Barrier Kit** which makes it very easy to help soothe and protect your skin after procedure. The kit is available for sale in our office.
- Use a table **humidifier** at night until skin hydration is no longer needed.
- You may wash your hair with baby shampoo but avoid having it touch your face.
- Do not exercise, sweat or wear makeup at least for 4 days. You may apply make-up or shave when you begin to flake, usually in 4 to 5 days.
- Do not use topical exfoliators for 4 weeks (Alpha & Beta Hydroxyl acids, products containing retinol and abrasive scrubs).

- **AVOID** sun exposure at least 4 to 7 days. Apply a moisturizing **sunblock** with a SPF of at least 30-plus after the day 4. We suggest wearing a wide-brimmed hat and sunglasses for added sun protection.
- If you have had a Partial Total FX, Total FX, or Maxi FX, you can expect to be red or swollen for up to two weeks.
- Make sure you keep follow-up appointments! Do not wear makeup to follow-up visits!!
- You may reach Dr. Zakany via cell phone (720) 318-8258 or Dr. Otteman via cell phone (303) 829-7687 for any urgent matters when the office is closed.
- Please call the office following the day of your procedure and let us know how you are doing.