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A E S T H E T I C S & W E L L N E S S

CO2 Fractional Laser Resurfacing Pre Treatment Instructions

- Discontinue use of Accutane 6 months prior to treatment.
- Avoid sun exposure and self-tanners for 4 weeks prior to treatment and 4 weeks post-treatment.
- Two weeks prior to your treatment, please begin a twice a day application of our La Chele private label Hydroquinone (Melasma Emulsion). It is recommended to prevent excess pigmentary side effects, more specifically if you have a warmer skin tone (darker/tans easy).
- Hydrate. Drink at least 8 glasses of water per day for the 2 weeks leading up to your treatment and continue for the 2 weeks following. Do NOT drink any alcoholic beverages during this pre and post treatment time frame.
- Do not use any alcohol-based products or toners on the skin for at least 1 week prior to treatment. Use hydrating moisturizers.
- Avoid taking anticoagulants (blood thinners) for 10 days prior to treatment, if medical condition allows. Avoid herbal teas and supplements such as fish oil, vitamin E, multivitamins. Also avoid the use of NSAIDs such as Motrin, Advil, Aleve and Ibuprofen.
- Discontinue the use of any Retin-A, retinol, or retinoid at least 4 days prior to treatment.
- Alert your provider if you have a history of cold sores, so that we may prescribe Valtrex for you to begin taking 1 day prior to service to avoid outbreak.
- Intra-ocular protective shields may be inserted for treatment around the eye area. Please remove contact lenses prior to your arrival. Bring glasses if needed.
- On the day of treatment, do not apply any substances to the intended treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products or ointments.
- Bring a wide brim hat or cap to wear when leaving.

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AESTHETICS & WELLNESS

Items to purchase prior to treatment for post-care:

- After care product recommendations: Alastin Skin Nectar, TNS Recovery Complex, La Chele Line Free Serum, Aquaphor
- White vinegar
- Distilled water (or boil water and cool for home use)
- Gauze pads 4X4
- Loose fitting clothing
- Get errands done ahead of time
- Soft wash cloths (infant or microfiber)
- Tylenol
- La Chele Private Label Hydroquinone (Melasma Emulsion)

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com

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A E S T H E T I C S & W E L L N E S S

CO2 Fractional Laser Resurfacing Post Treatment Instructions

- Downtime can last 7-14 days, depending on the area treated and your body's own healing process.
- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer up to a few weeks. 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 may 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 for the hands.
- Immediately post-treatment, do not use occlusive agents (Aquaphor/Vaseline) until burning sensation has subsided. Once the skin has cooled down, you should apply an occlusive agent as instructed by your provider and use a gentle cleanser and moisturizer. You may return to your regular skin care routine once sand paper feeling has resolved.
 - Recommended after-care products: Alastin Skin Nectar, TNS Recovery Complex, La Chelé Line Free Serum
 - If using Plated Intensive or Daily Serum, this should not be applied until follow up appointment
- Cleanse the treated area twice daily with water and a gentle facial cleanser, pat dry with a clean towel.
 - There are no restrictions on bathing except to treat the skin gently, avoid hot water, and avoid scrubbing or trauma to the treated area, as if you had sunburn.
 - Do not exfoliate or pick at any crusted areas.
 - Keep skin moist to promote healing.

If instructed by your healthcare provider, vinegar soaks should be applied to the treated area 3 to 4 times per day or as often as needed. Use 1 Tablespoon of white vinegar to 8 ounces of sterile water (you may purchase sterile water or at home boil water, then let cool completely). Apply to face using a sterile gauze pad 3 to 4 times per day.

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AESTHETICS & WELLNESS

CO2 Fractional Laser Resurfacing Post Treatment Instructions

- Take any prescription medications as directed by your provider.
- Do not use any Retin-A, retinols, hydroquinone, glycolic acid, lactic acid, fruit acids, alcohol-based products, toners or exfoliants for at least 4 weeks post treatment.
- Use clean pillow cases, sheets, towels, and cloths/hand towels each day for the first 7 days post treatment. Sleep on an incline (or extra pillow) to combat inflammation. Avoid sleeping with pets for 7 days post treatment.
- Avoid sun exposure for at least 4 weeks post-treatment.
- The use of a zinc oxide sun block SPF 30+ at all times is recommended once skin is back to baseline.
- You may take Tylenol or Benadryl as needed.
- Avoid vigorous workouts, hot tubs, saunas, and any other causes of excessive heat for 1 week after treatment.
- Refrain from the following activities until your skin has fully healed:
 - Shaving or waxing
 - Make-up should be avoided until you are given the okay by your provider
 - Using tanning beds and sunless tanning creams
 - Scrubbing, scratching and/or picking at the treated area(s)
 - Submerging the treated area in water such as pools, whirlpools, oceans, etc.
 - Activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise

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