

PRE/POST TREATMENT INSTRUCTIONS

Page 1 of 2

Co2 MAX

Important **PRE-TREATMENT** Information

- If you suffer from cold sores/herpes simplex virus please let us know as soon as possible so we can assess the need for antiviral medication before your treatment to try and prevent an outbreak.
- The area to be treated should be free from make-up, perfume, deodorant, body or face creams and jewellery.
- Use of sunbeds or prolonged exposure to sunlight should be kept to a minimum for one month prior to treatment.
- Use of sunbeds or prolonged exposure to sunlight is strictly not allowed one week prior to treatment.
- SPF 30+ must be used on the area between treatments.
- A medical history is taken at consultation, but we rely on you to inform us of any changes to this. We need to know all medication you are taking, including those bought over the counter.
- Please make sure that you arrive in good time for your appointment; this will allow us to prep the skin or apply topical anaesthetic if this should be required.

Do's & Don'ts Before Your Appointment

- Avoid the application of self-tanning products for one week prior to your treatment.
- Discontinue the use of Retin-A or any retinol-type products for at least two weeks prior to your treatment.
- Avoid the use of exfoliating products such as alpha-hydroxy acid and salicylic acid products for the week before your treatment.
- Wait at least four weeks after injectable treatments such as Botox or Fillers before having MAX Co2 treatment.
- You may wish to book some time off work. The number of days depends on the depth of your treatment. If you are unsure please contact us. Typically you will have 5-10 days of downtime.
- Please make sure you have eaten and are well hydrated before coming to your appointment.
- Shower and wash your hair the morning of your procedure.
- Wear loose clothing if your clothing will be touching the area being treated.
- Please do not wear contact lenses on the day.
- Bring water and your preferred choice of pain killers with you to take 30 minutes before your procedure.
- If having your eyes treated you may want someone to pick you up in case of swelling.
- Please collect numbing cream from the clinic prior to your treatment and apply a generous layer over the area/s being treated 45-60 mins before your treatment.

Please contact us immediately on 02380 556600 if any of the information above will cause a delay in your planned treatment.

Important **POST-TREATMENT** Information

- Swelling of the treated area will be seen immediately at the end of the procedure. This is normal and may get progressively worse over the next few days. The skin may feel very tight. Swelling can be quite pronounced in some cases and is generally worse in the morning when you wake. Swelling and tightness will start to subside from day three or four. It is advisable to sleep on raised pillows for the first three days following treatment to help with this.
- You will experience a sensation similar to 'sun burn' which will begin during the procedure. This will start to subside after about 2 - 3 hours. There should be no other discomfort associated with the procedure after this time.
- Take your preferred pain-killers half an hour before the treatment, and again when you get home if needed. DO NOT EXCEED THE RECOMMENDED DAILY DOSE.
- While redness remains on the skin after treatment, avoid excessive heat until the area has completely settled. Do not indulge in heavy drinking, going to a sauna/steam, heavy exercise, and avoid hot baths and showers. Those activities may increase the redness of your skin.
- Redness of the treated area will improve as the skin heals. Residual redness will generally improve within 2 weeks, but may take longer depending on the depth of treatment.
- You may experience itching as the skin begins to heal. This is a normal part of the healing process for some people. Take anti-histamines if needed.
- Mineral makeup can be applied to conceal the redness when the skin is fully healed. No make up is to be worn before this.

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Page 2 of 2
Co2 MAX

Important POST-TREATMENT Information

- **We recommend you purchase the following: Aquaphor/Large tub of vaseline, wood spatulas, non perfumed moisturiser, cotton pads & SPF 50.** Please contact us if you would like advice on any of the mentioned products.
- Limit touching the area as much as possible. If you do touch the treated area do so with freshly washed hands.
- Use a clean pillowcase for the first 3 nights to reduce the risk of infection.
- The skin will usually return to normal by day 7, although some flakiness may remain for up to 14 days.
- Use SPF 30+, and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyper-pigmentation of the treated area (Most cases of changes in pigmentation occur when the treated area has been exposed to sunlight, or in people with darker skin types).
- Keep the area clean and dry, and allow it to heal naturally. DO NOT pick grazes or blisters as this may increase the chances of a scar occurring.
- Once the skin has healed, a high protection sunscreen should be used daily for the following 12 months to prevent pigmentation changes to the skin.
- Starting on day 2-3 the skin can appear flaky and have a bronzed appearance as the epidermal debris comes to the surface; this generally lasts for about 5 days. This is a positive sign and indicates that the skin is regenerating. Keeping the skin well moisturised at this point will help to reduce the feeling of tightness.
- If the skin at the treatment area becomes broken, then make-up should be avoided until the area has completely healed.
- You may have some 'pin-point' bleeding which can persist for up to 24hours (the amount and duration of bleeding varies from person to person).
- There may also be weeping or oozing of a 'straw-coloured' fluid (serous fluid) which helps form a tiny crust over each column of ablated tissue. These tiny crusts will make the skin feels like fine sandpaper. They will start to come off from day 2-3.
- Do not deliberately scrub, pick, or rub off any crusting, allow it to come off in its own time in order to avoid the risk of scarring.
- You may leave the clinic with petroleum jelly covering the treated area. This forms a barrier to seal the skin and prevent moisture loss/dehydration.
- A thick layer of petroleum jelly or aquaphor should be applied (morning and night) until all tiny crusts have fallen off (usually by day 4-6). Be sure to use a clean spatula to scoop out of the tub and thoroughly wash your hands before each application.
- Try to drink at least 2 litres of water a day during the first week. The more fluids you drink, the better your skin will heal.

Day 1: (The first day after your treatment)

Wash your face 2-3 times a day using boiled water from the kettle, which has been allowed to cool and cotton pads. Pat dry very gently with a clean soft towel (use a clean towel each time).

Day 2:

- Wash with cool water AM. Pat dry with a clean towel.
- Wash with cool water and a gentle cleanser PM. Pat dry with a clean towel.
- Apply a thin layer of sunscreen in the morning. Re apply every 2 hours if necessary.
- Decant a good amount of Aquaphor or scoop out a walnut sized amount of petroleum jelly (using a new, clean wooden spatula each time). Apply a generous layer to the treated area every 2-3 hours.

NB: you may still be bleeding or weeping serous fluid for a day or so after the procedure - this is normal.

You can stop the above routine from day 4, and continue with:

- 1.** Cleanser
- 2.** Moisturiser - apply a generous layer of moisturiser to keep the skin from getting dry, thus avoiding pigmentation - for 1 month
- 3.** Sunscreen - apply EVERY day AM, regardless of the weather. If sunny, reapply every 2 hours during the day.

You may restart any active skincare products (Retinoids, Vitamin C, AHAs, BHAs) 4-8 weeks after, only once fully healed and your skin is completely back to normal.

If you are at all concerned after your treatment, please contact us on 02380 556600 or WhatsApp 07774176447.