



Pacific Clinic

CO2 Laser (SmartXide Touch) Skin Post-Treatment Care Instructions

FIRST 24 HOURS:

❖ Expectations

- ☐ Your skin may look discolored and appear pink and shiny
- ☐ Expect to experience skin weeping for 1-2 days
- ☐ Your skin may feel slightly rough 3-5 days after treatment

❖ Skin Care

- ☐ Use cool gel packs every two hours for 20 minutes at a time for swelling and discomfort.
- ☐ Gently wipe your skin 3-4 times a day removing any debris and accumulated ointment
- ☐ Reapply occlusive ointment (Vaseline) every 2 hours, be sure to use enough so that the treatment area is covered
- ☐ If prone to acne outbreaks, avoid heavy make-up or moisturizers for 72 hours post treatment or as directed by the treating clinician

❖ Pain Control

- ☐ Tylenol
 - 325mg 1-2 tabs every 6 hrs as needed for pain
 - 500mg 1-2 tabs every 6hrs as needed for pain
- ☐ Ibuprofen
 - 200mg 3 tabs every 6hrs as needed for pain (take with food & water)
 - 200mg 4 tabs every 8hrs as needed for pain (take with food & water)

❖ General Recommendations

- ☐ Keep your head elevated using two or more pillows when lying down



Pacific Clinic

AFTER 24 HOURS:

❖ Expectations

- ☐ Your skin may feel sensitive and may have a red and swollen appearance depending on the treatment.

❖ Skin Care

- ☐ You can continue to use cool gel packs or cool moist compresses (20 minutes on; then 20 minutes off) as needed for swelling and discomfort.
- ☐ Continue to keep treated areas covered with a moisturizing ointment every 3-4 hours. This will aid the healing process and minimize discomfort such as itching.
- ☐ Periodically lightly spray the treated area with cold water.
- ☐ Begin gently cleansing the skin twice a day with a mild, hypoallergenic cleanser.
- ☐ **Do not** scrub treated area. Pat dry after cleansing.
- ☐ Reapply occlusive (Vaseline) ointment after each wash.
- ☐ If any irritation or burning occurs when cleansing, wait and try again the following day.
- ☐ After treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use a broad-spectrum (UVA/UVB) sun block SPF 45 or greater when treatment area is exposed to the sun. If possible, wear a brimmed hat and sunglasses to reduce sun exposure.
- ☐ Once you feel comfortable and skin is healed, a normal skin care regime, including makeup or shaving, can be resumed.

❖ Pain Control

- ☐ If you continue to feel pain 1-2 days after the procedure, call your physician.
- ☐ If there is any increase in pain or increase in skin redness, call your physician promptly.
- ☐

❖ General Recommendations

- ☐ Continue to keep your head elevated by using two or more pillows when lying down.
- ☐
- ☐ Continue taking all medications as directed by your physician.
- ☐ Keep all follow up appointments with your physician to access treatment progress.
- ☐ Resume normal activities per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually 48-72 hours.

If you have any questions about these instructions or the procedure, please contact your physician