SmartXide and Tetra PRO CO_2
Treatment Information

1. Minimise sun exposure and avoid the use of tanning beds or any application of self-tanning products for one month prior to your treatment.
2. Discontinue the use of Retin-A or any retinol-type products for at least two weeks prior to your treatment.
3. Avoid the use of exfoliating products such as alpha-hydroxy acid and salicylic acid products for the week before your treatment.
4. Wait at least two weeks after injectable treatments such as Botox or Fillers before having fractional CO_2 laser treatment.
5. You may wish to book few days off work. The number of days you require will depend upon the depth of your Laser Peel and your particular job. Please discuss this with your practitioner, typically people will take off 1-3 days following a Medium Laser Peel and up to 7 days for a Deep Laser Peel.

On the day of the procedure:

- Try to eat a light meal before the treatment
- Shower and wash your hair on the morning of the procedure
- Wear loose, comfortable clothing
- Please do not wear contact lenses on day of the procedure
- Please do not wear make-up or jewellery
- Bring your preferred pain killers to take 30 minutes before the procedure
- Arrange for someone to pick you up following your procedure

During your consultation you may be prescribed the following - it is essential that courses are completed:

Acyclovir (antiviral tablets)

- Antiviral tablets to minimise the risk of an outbreak of cold sores
- Start **1 day** prior to the procedure - complete the course as prescribed

Fucidin Cream (antibiotic cream)

- Antibiotic cream to minimise the risk of infection
- Start on the evening of the procedure – **bring to your treatment** so some can be applied immediately after

Flucloxacillin or similar (antibiotic tablets)

- Antibiotic tablets to minimise the risk of infection (not required for everyone)
- Start **1 day** prior to the procedure - complete the course as prescribed

We recommend you purchase the following:

- Aquaphor or a large tub of white petroleum jelly (e.g. Vaseline)
- Wooden spatulas / tongue depressors
- A mild, non-perfumed cleanser and moisturizer (e.g. Cetaphil)
- Sun-screen SPF 50 (e.g. Lynton Light Protect)

Aftercare Instructions and What to Expect

The goal of CO_2 laser skin resurfacing is to improve the appearance of lines and wrinkles, scars of various origin, uneven pigmentation, dilated pores, skin laxity/crepiness and poor skin texture.

Treatments carried out with SmartXide or Tetra PRO create columns of 'ablated skin' which makes daily care of the treated area essential.

The following aftercare instructions must be followed in order to minimise any undesirable side effects, and to ensure the best possible outcome.

Infection Prevention

- Thousands of tiny holes have been created in your skin. As a result, you are more susceptible to skin reactions.
- Avoid touching the treated area as much as possible. If you do need to touch it, make sure hands are freshly washed.
- Use a clean pillowcase for the first 3 nights to reduce the risk of infection.

1. On day 1 (first day after the treatment) begin washing your face 2-3 times a day using boiled water from the kettle, which has been allowed to cool, and a mild cleanser. Pat dry very gently with a clean towel (use a clean towel each time).

2. *If directed by your practitioner, apply a thin layer of fucidin antibiotic cream and wait 10 minutes.*

3. Apply a thin layer of sunscreen (daylight hours only)

4. Finally, using a new, clean wooden spatula / tongue depressor, either decant a good amount of Aquaphor or scoop out around a melon ball sized amount of petroleum jelly. 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 cease the full routine above 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, regardless of the weather

Skin Itching

- 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.

Discomfort

- 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.

Swelling & Skin Tightness

- 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 hours. The skin may feel 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.

Wound Healing

- 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 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 tub and thoroughly wash your hands before each application.
- Try to drink 2 litres of water a day during the first week. The more fluids you drink, the better your skin will heal.

Redness of the 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.
- Mineral makeup can be applied to conceal the redness when the skin is fully healed.

Herpes Simplex (Fever Blisters / Cold Sores)

- The risk of a herpetic (cold sore) outbreak is reduced with a course of prophylactic (preventative) treatment of oral antiviral medication (Acyclovir). This risk however, cannot be completely eliminated.
- Continue taking Acyclovir as prescribed and complete the course.

Hyperpigmentation & Hypopigmentation

To help minimise the risk of hyperpigmentation (darkening of the skin) you must;

- Keep the skin well moisturised and hydrated - use white petroleum jelly or moisturiser liberally for 1 month after the treatment
- Use SPF 50 starting on the day of the procedure. Remember to re-apply after each of the 'cleansing sessions'
- Avoid or limit sun exposure
- Hypopigmentation (lightening of the skin), can occur because of laser-induced injury to the melanocytes (pigment containing cells in the skin) and can in some instances be permanent.
- Darker skin types will benefit from using a pigment suppressant (such as hydroquinone or tranexamic acid) for 4 weeks before and after treatment.

Sun Exposure

- Your skin is extremely vulnerable to the sun after having laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results.
- Start using your sunscreen as soon as your skin has healed. This is very important in order to prevent hyperpigmentation.
- Avoid sun exposure for at least six months. A sunscreen SPF 50 should be applied every day. Wear a hat and sunglasses on sunny days.

Follow Up

- Please call the clinic **immediately** if you experience any of the following: increasing pain, signs of infection, a herpetic (cold sore) outbreak, or if you have any concerns or need reassurance.
- A follow-up appointment may be scheduled at 2 weeks to discuss maintaining and enhancing your cosmetic results. The use of the correct 'medical-grade' skincare products and treatments is crucial.
- Avoid waxing for 2 weeks. Avoid Retin-A, glycolics or other similar products for 4 weeks.

Please contact the clinic immediately if you have any concerns or display any symptoms such as increased pain, fever, signs of infection or pronounced bleeding.