

**CO2 Post-Laser Instructions**  
Aesthetic and Reconstructive Plastic Surgery  
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Some patients report a "hot or burning" feeling which lasts a few hours to a few days following your treatment. Patient may apply cool compresses or frozen peas (bagged in sandwich-size baggies) with towel between skin and frozen peas, every 2 hours for 20 minutes at a time for swelling and discomfort.

Continue taking all medications as prescribed by your healthcare professional.

After 24 hours, gently wash area with tepid water and a gentle cleanser 3 times a day. Avoid hot water/steam on treated area.

Avoid "picking at" and aggressive scrubbing of the exfoliating skin—allow it to gently exfoliate with the washing process.

Immediately re-apply occlusive ointment for at least 4 days after each wash. Patients should apply an occlusive ointment to prevent direct contact between the treated tissue and the air throughout the healing process. The use of an occlusive ointment improves patient comfort, and reduces the sensation of pain and burning by preventing air from contacting the treated region.

Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for one week after procedure. These activities may increase swelling and pain on your face.

Sleep with head elevated on pillows (head above heart) the first few nights post treatment. This can help minimize swelling. Avoiding excessive salt pre/post treatment can also help minimize swelling.

Avoid direct sun exposure for at least 6 months. Apply sun block SPF 50+ every day. Sunscreen with titanium oxide and/or zinc oxide provides broader protection. Our Etc...The Spa carries a variety of quality sunscreens. Your treated skin is vulnerable to the sun, protecting skin is critical for best results.

Wear a protective hat for the first 2 weeks while outdoors.

Avoid dirty, dusty environments and hairsprays, perfumes, etc. while skin is healing.

Normal activities may resume with level of comfort and healthcare professionals recommendation.

No swimming, hot tub/ whirlpool until cleared by healthcare professional.

After healing is completed, a normal skin care regime can resume, including makeup or shaving. Avoid topical exfoliation for 4 weeks.

Schedule a follow up appointment, usually next day and again within one week.

Call the office immediately if problems of increased pain, fever, drainage of pus, signs of infection or bleeding occur.