

# ActiveFX and DeepFX CO2 Laser

## Post Treatment Guidelines

\*all products are included in your post treatment kit from SMD\*

### Day of treatment

You may apply cool compresses or use **Avene Thermal Spray** for any “hot” sensation of the skin post treatment- can last a few hours to a few days

You may take Advil or Tylenol for any pain or discomfort

### Day 1-3 after treatment

Gently wash with **Purify Ultra Gentle** twice daily starting the morning after your treatment

After cleansing do a 15 min **0.25% acetic acid** (dilute vinegar) soak twice daily.

Apply **Heal Silver Recovery** occlusive ointment to entire treated area

### Day 4-7

Wash with **Purify Ultra Gentle** cleanser twice daily

Apply **Pure Moisture Cream** to entire treated area

OR you may continue to use **Heal Silver Recovery** ointment if you prefer the thick occlusive texture

If itching occurs you may apply **Heal Soothing Cream** after washing face and before **Pure Moisture Cream** OR **Heal Silver Recovery** ointment 2-3 times per day as needed

### Day 8-30

Begin applying **Sheer Physical** sunscreen daily

Continue to use other gentle products in SMD kit- **Purify Ultra Gentle** cleanser and **Pure Moisture Cream**

### Guidelines

If possible, sleep with the treated body part elevated on a pillow for the first few nights post treatment, this can help minimize swelling. If itching or having trouble sleeping occurs, take oral Benadryl before bed.

Levels of pain or discomfort should improve daily. If at any point during the healing process your pain gets suddenly worse please contact our office.

You may shower, but avoid hot water/steam directly on treated area.

Avoid “picking at” and aggressive scrubbing of the exfoliating skin – allow it to gently exfoliate with the washing process.

Wear a hat to avoid direct sun exposure for 7 days or until surface of skin is smooth and has stopped peeling. Wear a protective hat for the first month while outdoors.

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

You may use mineral make-up as soon as 3 days after treatment, only once skin is intact. Additional days for healing, sometimes 10 or more, may be required depending on depth of treatment.

After 1 week, if you develop an areas of darker, “tan appearing” skin, please call to schedule a follow-up evaluation with the doctor. A fading treatment may be indicated.

Results will continue to improve up to 3-6 months.

Please call with any questions or concerns. Remember, a follow-up appointment is needed (usually 1-3 weeks after treatment).

**Questions or concerns:**

Email through EMA Patient Portal \*link at [southernmarinderm.com](http://southernmarinderm.com) under patient tab

Office Phone: (415) 887-9758      \* Monday-Friday contact Medical staff with concerns  
\*After hours select On Call to be directed to Doctor

Doctor’s Phone: (    )      -      \*Available after hours and on weekends if needed