

DERMATOLOGY  
LASER CENTER  
MEDICAL DAY SPA  
COSMETIC SURGERY

**bodian**  
**dermatology**

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## CO2 Laser Skin Rejuvenation

### At Home Instructions

The CO2 Laser rejuvenation created a wound similar to a superficial burn. Most patients then develop blistering or crusting within 24 to 72 hours, which may last for 7 days. Do not pick at the area or allow the skin to become abraded as this may result in infection and/or scarring. The treated area may be pink or pale after the crust separates. Loss of skin pigment in the treated area (usually temporary) is common.

Apply cool water compresses, followed by the Vaseline ointment every hour after your laser Rejuvenation. Continue to take your prescribed oral medication as directed below. For any pain, Plain Tylenol or a stronger pain reliever may be taken every 4 hours. **Do not take Aspirin or use any other products unless you ask the Dr. Bodian first. Do not apply make-up or any cream or medication not prescribed by our office for 1 week. Avoid sun exposure until healed and then wear sunscreen SPF 30 or greater when outside.**

Some swelling and redness around the treated area is expected. It is also common to further experience oozing and crusting. If you experience unusual discomfort, bleeding or elevated temperature, please call our office **immediately**.

Some additional instructions may be provided based on need, including:

- Compresses with cool water every 1-2 hours for 5 minutes.
- Apply \_\_\_\_\_ ointment every 1-2 hours after compresses (keep face gooey).
- Take \_\_\_\_\_ antibiotic pills \_\_\_\_\_ times each day.
- Take \_\_\_\_\_ antiviral pill 3 times each day.
- Take \_\_\_\_\_ pills for pain every 4 hours if needed.
- Take \_\_\_\_\_ pills \_\_\_\_\_ times each day.