

# DEKA SmartXide DOT Fractional CO<sub>2</sub> Laser

Patient response can vary after a DOT Fractional CO<sub>2</sub> treatment. Erythema (redness), edema (swelling) and some pinpoint oozing are the desired and expected responses within a few minutes to hours after the completion of the procedure. The degree of redness, oozing and healing time will increase with the strength, depth and percentage of your treatment.

- Moderate redness and possibly crusting normally persists for 24 hours to 5 days depending upon the strength of the treatment.
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral (Valtrex or acyclovir) was prescribed for you, please continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12-24 hours after the treatment, but a warm feeling may persist for a few days.
- Cleanse the skin three times a day with plain, lukewarm or cool water and a gentle cleanser (ie. EltaMD Foaming Facial Cleanser) beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, (i.e. Aquaphor, or EltaMD Laser Balm) taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the occlusive barrier is needed for 4 -7 days. Reapply the occlusive barrier as needed. Do not allow the treated area to dry out.
- Cool vinegar soaks may be applied to reduce the burning sensation and to reduce the possibility of infection.
  - Mix 1 tablespoon white vinegar with 16oz of cool water
  - Wet a soft cloth or gauze, soak treatment site for 15 minutes with dilute vinegar solution.
  - You may also spray the treatment areas with a small spray bottle with white vinegar that's kept cool in the refrigerator (approximately 1 tablespoon white vinegar in a 16oz bottle or 1 ½ teaspoons in an 8oz bottle)
- Peeling and flaking generally occur within 24 hours post-treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Avoid direct sunlight for up to 2 months post treatment. Wearing sunglasses and a wide brimmed hat is recommended.
- Once the skin has healed (no longer wearing the occlusive barrier), a moisturizing post-procedure sunblock (ie EltaMD UV Daily) should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight. You may also use a cream rich in skin-nourishing proteins and Stem Cell Growth Factors (NeoCutis BioCream and NeoCutis Lumière Eye Cream) to accelerate healing and provide additional extra rejuvenating benefit.
- You may shower 24 hours after treatment. Be sure to wash your hair behind you to avoid getting shampoo directly on the treated area. Avoid hot water and steam on the treatment site for 1 week.
- Avoid dirty, dusty environments, painting, hairsprays and perfumes while the skin is healing.
- Avoid mechanical exfoliation for 4 weeks
- Avoid strenuous exercise and sweating until after skin has healed.
- You may use mineral make-up on day 4 for lighter density or after skin is healed for higher density treatments.

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include: Drainage (looks like pus), increased warmth at or around the treated area, excessive pain or fever of 101.5 or greater.