

# MODERATE/AGGRESSIVE CO2 POST TREATMENT GUIDE

## Day of treatment:

- You may feel a hot / sunburn sensation for 2-6+ hours post-treatment.
- During the recovery, swelling, redness, and mild to moderate sunburn sensation are to be expected along with pinpoint bleeding, weeping, or oozing.
- Use a cool misting spray or sterile cool compress (not ice) to reduce the sensation of heat.
- Gently apply a thin layer, about the thickness of a dime, of Vaseline or the provider recommended product after the sunburn sensation fades (usually by bedtime), to keep the area moisturized and protected.
- Prior to bedtime, it may be beneficial to take an antihistamine (e.g., Benadryl® or Zyrtec®).

## After the treatment:

- Day 1-3, apply vinegar-soaked pads (1 cup water + 1 TBS white distilled vinegar) to help prevent or soften crusting from the weeping/oozing. Can be repeated as often as every 2 hours. Store in the refrigerator between uses to aid in the cooling effect.
- Day 1-5+ Wash with a mild cleanser (AM & PM), blot dry, and do not scrub.
- Do not use any exfoliants or other products/procedures to address the dry skin/texture for 2-4 weeks or as directed by your provider.
- Apply post-treatment products as directed; if a burning sensation lasts more than a few minutes after applying the product, wash with mild cleanser, cold water, and notify your provider.

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**PLEASE CONTACT YOUR PROVIDER WITH ANY QUESTIONS/CONCERNS DURING YOUR RECOVERY PERIOD**

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## After the treatment CONTINUED:

- Once weeping/bleeding/oozing/crusting stops, it may be beneficial to change to a lighter/less occlusive product. Reapply every 3-4 hours or as needed to keep the area moisturized.
- Use only recommended topical products until healed.
- Avoid sun exposure for 2-4 weeks or as recommended by your provider.
- Once skin is intact, use zinc/titanium-based sunblock when sun exposure cannot be avoided.
- Minimize alcohol intake (throughout recovery).
- Sleep with your head slightly elevated; use a clean pillowcase and change it frequently.
- Wash hands often and avoid touching the treated area.
- Do not expose the treated area to anything that may cause complications (dirt, pets, etc.) as advised by your provider.
- Avoid exercise, sweating, excessive heat, saunas, hot tubs, for 5-7 days.
- Mineral makeup may be applied after a few days, once the skin is intact. (the weeping/oozing/bleeding has stopped).

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