



Dr. Ramin Behmand | 204 23rd Avenue North, Nashville, TN 37203 | 615-576-3232

CO2 LASER TREATMENT POSTOPERATIVE INSTRUCTIONS

1. Please notify us of any history of diabetes, cold sores, blood coagulation disorders, or keloid scarring.
2. For the one month prior to treatment, avoid sun exposure, as well as tanning beds and tanning creams.
3. Plan to pick up your post-care skin product kit at least 2 weeks prior to your treatment.
4. Begin using Alastin Skin Nectar 2 weeks prior to your treatment to help strengthen skin. If you receive your products day of treatment, begin the regime today.
5. Discontinue the use of all exfoliating products, glycolic and alpha-hydroxy acid products, and Retin A, Tretinoin or Retinols 1 week prior to your treatment.
6. Wait at least one week after Botox injections before having a fractional CO2 laser treatment.
7. You may begin using Alastin Skin Nectar (available in the office) twice daily 2 weeks prior to your treatment to prepare your skin for faster recovery.
8. On the day of your treatment, please come to the office with clean skin (clean shaven if male). If your face or neck is being treated, wear a button-down shirt.

GENERAL EXPECTATIONS:

- Avoid direct sunlight and keep skin moist and cool to aid healing.
- Avoid environmental irritants during the healing process (e.g., dust, dirt, aerosols, cleaning agents).
- Avoid dryness and excessive heat (no high heat on blow dryer, medium heat is fine during healing process).
- Avoid any vigorous exercising for 1 week to help reduce swelling.
- Stay hydrated, eat healthy foods, avoid alcohol and nicotine.
- Sunburn sensation can last several hours.
- During the healing process the treated area will be red.
- Neck redness is more persistent and will usually last several days longer than face redness.
- Treated areas will usually become rough (sandpaper-like) within a few days. (Note: skin below neck normally requires 2-3 weeks to bronze and peel).

DAY OF TREATMENT:

- Keep treated areas covered with topical ointment/cream as instructed.

FIRST NIGHT:

- Sleep with head slightly elevated.
- Place towel over pillow to protect from ointment/cream and/or change your pillowcase daily while healing.
- You may have some clear yellow oozing and pinpoint bleeding.

DAY 1 (FIRST DAY AFTER TREATMENT):

- Avoid direct sunlight and excessive heat.
- Skin may continue to ooze a clear yellow serum.
- Gently Wash the treatment area 2-3 times a day with room temperature water and Alastin gentle cleanser-staying away from your incisions as best as you can.
- Apply Alastin cream as instructed to the treated area-keeping this out of your eyes.

DAY 2-3:

- You may be swollen, oozing and your skin may bronze and feel gritty.
- Itching tends to begin.
- Continue applying Alastin Skin Nectar aftercare cream to keep skin constantly hydrated.
- Continue washing face with gentle cleanser and room temperature water AT LEAST 2X/day.
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied. You can also take Benadryl at night as directed. AVOID picking and/or scratching. DO NOT TRY TO EXFOLIATE AT THIS TIME.
- Continue to sleep on a clean pillowcase every day.

DAY 4-7:

- Itching has usually subsided.
- Continue using Alastin Skin Nectar twice daily.
- Use sunscreen.

DAY 7-28:

- Begin Alastin Restorative Complex (starting on day 14).
- Continue applying sunscreen when going outside.
- Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas).

Alastin Post Care
Cleansing Cream
Skin Nectar
Silkshield Sunscreen
Restorative Complex (not included in kit)

When to call our office:

- If you develop severe shortness of breath, chest pain or are experiencing a medical emergency, call 911 and then notify your physician
- If you develop a fever of 101.4 or higher
- If your pain medication stops working
- If you have markedly increased pain, bruising, swelling or bloody drainage
- If you develop leg swelling or pain
- If you have persistent nausea or vomiting
- If you are uncertain about a medication or treatment
- If you are experiencing any adverse symptoms or changes that you do not understand
- If you have ANY questions or concerns

Dr. Behmand's Office Phone Number: 615-576-3232

If it is after office hours when you call, push one when prompted and you will be transferred to the answering service who will notify the person on call to call you back. Please do not email with medical questions, medical concerns or during a medical emergency as our email is not monitored after business hours or when we are seeing patients.

Signature and Date _____