

NINA DEEP AESTHETICS
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TREATMENT INSTRUCTIONS FOR AFFIRM CO2 LASER TREATMENT

Pre-Treatment Instructions:

One to two weeks before your treatment, please schedule a visit with us to review the procedure and to pick up your prescriptions. At this visit the pretreatment photos will be taken. You will have the opportunity to ask questions to clarify the post treatment instructions and will also be given prescriptions for an antibiotic, an antiviral, pain medication, and Valium. Some of these medications will be taken the morning of your treatment and some will come in handy after.

- For the month prior to the treatment, avoid sun exposure, tanning beds, and sunless tanning creams. If you are tanned, your treatment may need to be rescheduled. Sun exposure increases the chance of post-treatment complications.
- Stop applying tretinoin cream (Retin A), glycolic acid, benzoyl peroxide, astringents, and harsh chemicals to the treatment area for about 1 week before your procedure.
- Do not apply makeup, creams, mascara or oils on the day of your treatment.
- Fill the antibiotic prescription and take your first pill the morning of your treatment.
- Fill the prescription for prevention of cold sores and take your first pill the morning of your treatment.
- Fill the Valium prescription and take 10mg one hour before appointment. Once you arrive, you might take a second Valium 10mg so remember to bring your bottle with you. All patients taking Valium must have a driver to take them home.
- Purchase one small container of Aquaphor (10-14 ounces)
- Purchase white vinegar. Mix up some vinegar water and refrigerate it (see instructions below).
- Purchase Ibuprofen, acetaminophen and Benadryl pills in case you have discomfort or itchiness
- If you have long hair wear your hair pulled back with a headband on the day of the treatment.

- Bring a floppy hat and/or scarf to wear home from your treatment.
- Stock up on movies and books and get ready to rejuvenate your skin!!!

What to Expect:

On the day of your treatment, please wear comfortable clothing. Please do not apply makeup or mascara and you may be asked to remove contact lenses and jewelry. About 1 hour before the laser treatment is performed, a topical anesthetic will be applied to the treatment area and it will be covered with a light plastic wrapping to help the anesthetic absorb into the skin. This will take about an hour to take effect. You may take an additional Valium 10mg at this time. Before the laser procedure starts, Dr. Deep may inject a local anesthetic to further numb the areas around the mouth and under the eyes that are extra sensitive.

Before your treatment begins you will be given special eye goggles to wear to protect your eyes. The laser itself usually causes mild to moderate discomfort, which has been described as the sensation of being "snapped with a rubber band." Dr. Deep may direct you to hold an ice pack on certain areas of the skin during the treatment. Also, an air cooler will be pre-cooling your skin continuously. This helps with comfort and decreases inflammation. Be prepared to smell the laser as it works...some describe this as the smell of teeth being worked on at the dentist's office. The actual laser treatment itself will take about 45 minutes.

Once the laser procedure is complete, Dr. Deep will apply Aquaphor and bandages to your treated area. You will be able to put on your hat/scarf at this time. Wearing a wide brimmed hat will provide additional protection on your drive home. It is normal for skin to feel "sunburned" and/or tight immediately following the treatment. If you are feeling dizzy from the Valium, a wheelchair can be used to transport you to your car.

Post-Treatment Instructions:

- Once home, remove the bandages and discard. Then do your first vinegar water soak followed by an application of Aquaphor.

Vinegar Soaks:

How to soak: Mix 1 teaspoon of plain white vinegar to 2 cups of water and refrigerate. Dip a clean, soft cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse the cloth and repeat for 10 to 15 times. Most of the ointment should come off during the soak (do not rub). Reapply Aquaphor. You can't soak too much. Soaking reduces redness and speeds healing.

- Repeat the vinegar soaks followed by the Aquaphor application about every 1-2 hours until bedtime, and then as needed every 4-6 hours. If the Valium has made you sleepy, just take a nap and start the vinegar/Aquaphor applications when you wake up.
- Expect oozing and pinpoint bleeding for the first 24-48 hours (especially with deeper treatments). As your skin heals, it will darken then peel off. You may wish to protect your pillow the first week following your treatment with an old, clean pillow case or soft towel. Also, sleeping on some pillows to elevate your head will decrease the swelling of your face in the morning.
- Swelling will be more apparent after you have been lying flat but will lessen after being upright during the day. Noticeable swelling usually resolves in 7-10 days, but some mild swelling persists for up to 4 wks.
- I recommend taking Valium 10-20mg before bed to help your body get the rest it needs the first night. If you are experiencing discomfort, an alternative option is to take the pain medication instead. This should help make you sleepy but also treat the discomfort. If you would prefer not taking any medication, that is also fine.
- Avoid touching the treated area unless necessary (vinegar soaks/Aquaphor). Do not pick the newly forming skin off, but allow it to slough off on its own.
- You may shower, but keep soaps and hair products from coming in contact with the treated area. Do a vinegar soak after the shower, followed by Aquaphor.
- Feeling fatigued for 2-7 days after your treatment is normal.
- If you experience itching, an over the counter antihistamine such as oral Benadryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be taken if needed to decrease discomfort.
- After the old layer of skin has sloughed off, you may continue to use Aquaphor to hydrate the skin for a few weeks.
- Make-up may be worn after the majority of treated skin has healed, usually starting on post treatment day 7.
- After your skin has healed, it is very important to use sunscreen with an SPF of 20 or greater every day.

For the first 4-6 hours after the treatment, expect a burning sensation, some facial swelling, and some mild discomfort. During this time, you can apply ice packs or simply apply the vinegar/ Aquaphor and wait for the sensation to go away. Also, you can take a pain pill to ease the discomfort. The surface layer of your skin will slough off between days 3-5 leaving new bright pink skin that becomes less pink over a few weeks. Some pink skin may be visible for 3-6 months depending on the depth of your treatment. The

first few days after the laser, your skin will go through several stages of recovery including changing from reddish to a darker red/brown layer that then sloughs off. This will feel tight and is relieved with applying the vinegar/ Aquaphor consistently from after the treatment until the skin sloughs off. On deeply treated areas, this process of red/brown skin layer forming may occur a second time as your skin heals. Occasionally, patients notice temporary tiny white papules on their face that come and go in the first week.

Once all the skin has peeled off, the skin will be pink but not tender. Make up may be applied at this time...usually by day 7-10. Apply sunscreen when the skin is not sensitive which usually takes about 3 wks after the treatment. Gentle facial cleansers may be used but aggressive topical products (such as glycolic acid, retin A, etc.) should be avoided for @ 4 weeks until the skin feels healed.

- **DAY 1**-- Remove gauze bandages, perform vinegar soak and apply vinegar/Aquaphor when you get home, avoid sun, rest.
- **DAY 2-7**--apply a thin layer of vinegar/Aquaphor several times a day coating all treated areas. If you shower, try to avoid getting face wet. Hide out, read, watch movies.
- **DAY 6-21**—once the first layer of skin has sloughed off, vinegar may be omitted and just Aquaphor applied. Do whatever feels good to your skin.

For deeper lines and acne scarring, 2-3 treatments are usually necessary. Results may be seen sooner with more superficial lines and brown spots. The skin will continue to improve even after treatments are completed as collagen regeneration takes a full 3-6 months. Treatments are usually every 3-4 months until completed but can be spaced out further without compromising the results.

We hope these instructions are informative and help to make your recovery more comfortable. Please call the office @ **614-855-5555** , or **Dr. Deep's cell phone @ 614-323-5369** if you have a fever higher than 101, have a herpetic outbreak, or if at any time you feel that you are not healing normally or have any questions at all.

Thank you for choosing Nina Deep Aesthetics.