

FACIAL AESTHETICS

DEKA CO2 Facial Resurfacing Laser

BEFORE YOUR APPOINTMENT

- Avoid sun exposure and tanning for at least two weeks before treatment. Treatment cannot be performed on sunburned skin.
- Stop all active ingredients in all skincare products one week prior to your appointment.
- Bring a list of all active ingredients that you are currently applying to your skin.
- Tell us if you have a history of cold sores — an antiviral is typically prescribed to start the day before treatment.
- No waxing, chemical peels, or injectables in the two weeks beforehand.
- Wait at least six months after finishing oral isotretinoin (Accutane) before treatment.
- Arrive with completely clean skin — no makeup, lotion, or sunscreen. Bring a wide-brimmed hat for the drive home.

AFTER YOUR TREATMENT

First Few Hours

Your skin will feel like a strong sunburn, and the heat sensation can be intense for two to three hours. Cool compresses help. Keep the treated area covered in a healing ointment such as Aquaphor at all times.

Keep It Moist

This is the single most important rule. Skin that dries out heals slower and risks pigment changes. Reapply ointment every three to four hours, including overnight.

Swelling

Swelling is normal and usually worst when you first wake up. Sleep with your head elevated on several pillows for the first few nights, and use cold compresses as needed.

Pain Relief

Acetaminophen (Tylenol) is recommended. Avoid ibuprofen, naproxen, and aspirin for the first 24 hours, as they can interfere with the inflammatory healing response.

Cleansing

Beginning day two, gently cleanse three times daily with lukewarm water and a mild cleanser such as Cetaphil. Always wash your hands first. No scrubbing, no washcloths, no exfoliants. Pat face dry with a clean disposable facial towel.

Peeling

Flaking and peeling are expected over the following days. Do not pick, scrub, or pull at loosening skin — let it shed on its own or you risk scarring and pigment change.

Sun Protection

Strict sun avoidance. Once your skin has closed, use SPF 30 or higher daily, reapplying outdoors and even in the car. Sun exposure on new skin is the fastest way to undo your result.

Pinkness

Residual pinkness is normal new skin and can last weeks or occasionally months. Generally, longer-lasting pinkness means more collagen is forming — it's a sign of a good result, not a problem.

Call Us If

You develop increasing pain, spreading redness, yellow crusting or drainage, fever, or any sign of a cold sore outbreak.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.