



EPICUTIS CO2 LASER AFTERCARE STEPS

Morning

1. Cleanse with 2-4 pumps of Oil Cleanser starting 24-48hr post procedure. Apply to dry face with dry hands. Massage into skin then add water with fingertips and massage for an additional 15 seconds before rinsing thoroughly. This cleanser is anti-microbial and calming, and also removes dirt and makeup.
2. Apply a pea sized amount of Lipid Serum, starting immediately post procedure. This serum is anti-inflammatory and soothes the skin while restoring hydration.
3. Apply Hyvia Crème, starting 24-48hr post procedure. This rich, velvety crème speeds barrier repair, soothes, and reduces redness.
4. Apply your mineral SPF (not included in kit) 30 or higher starting 24hr post treatment. Strict sun avoidance is a must 2 weeks post, longer for DEKA or more aggressive treatments.

As Needed

- You have 2 Lipid Recovery Masks. We recommend you use the first when you get home from your procedure, and the second 24 hours post procedure. You can save and apply the remaining serum in the packet as needed for cooling and soothing the skin.
- Some patients will experience burning or stinging post procedure with product application, even if they did not experience this during in office application. It is helpful to spray Avene Thermal Water all over the treatment area, gently blot dry with a clean towel, and then apply products. A small portable fan immediately post application followed by ice rolling can be extra soothing and cooling.
- Ice roll as needed to cool and soothe. Store in a ziplock bag in your freezer and clean with antibacterial soap or alcohol between uses.
- DO NOT allow your skin to become dry, flaky or tight. You should look like a “glazed donut” at all times. Use the Lipid Serum and Hyvia Crème up to 4 times daily (Lipid Recovery Mask Serum is more concentrated, so use this first).



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Bedtime

1. Cleanse with 2-4 pumps of Oil Cleanser starting 24-48hr post procedure. Apply to dry face with dry hands. Massage into skin then add water with fingertips and massage for an additional 15 seconds before rinsing thoroughly. This cleanser is anti microbial and calming in addition to removing dirt and makeup.
2. Apply a pea sized amount of Lipid Serum, starting immediately post procedure. This serum is anti-inflammatory and soothes the skin while restoring hydration.
3. Apply Hyvia Crème, starting 24-48hr post procedure. This rich, velvety crème speeds barrier repair, soothes, and reduces redness.
4. Sleep on a clean pillowcase, slightly elevated to reduce swelling. Tylenol may be taken if needed for discomfort, but it is best to avoid Benadryl or anti-histamines and NSAIDs such as Ibuprofen. If you need further advice regarding post care please call the office. **PLEASE CALL THE OFFICE IMMEDIATELY IF YOU BELIEVE YOU ARE HAVING AN UNEXPECTED COMPLICATION FROM YOUR PROCEDURE 203-304-9725.**

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*please notify your practitioner if you have a history of cold sores or herpetic lesions to any of the planned treatment areas.

*if you had a DEKA you will use the provided vinegar spritz (keep refrigerated) up to 3 times daily starting 24hr post procedure

*if you received Benev Exosomes (expedites healing and amplifies results- keep refrigerated) you will apply approximately 1mL of serum from your take home syringe every 30 minutes to 1.5hr, depending on your practitioner's recommendation. If you find it causes burning or stinging space your applications further apart. If necessary, a small amount of remaining serum may be left to apply the next morning.

*your face is an open wound...protect it from common sources of bacterial contamination including hands, phones, hair, blankets/pillows, pets, makeup and makeup applicators.