

Active and Deep FX Care Instructions

Pre-Procedure Instructions

One Month before Your Fractionated CO₂ Treatment

- Avoid tanning and minimize sun exposure. Avoid using tanning products for at least 1 month.
- Apply an SPF 30+ every day.
- If you have a history of melasma or hyperpigmentation, you will need to start a lightening product recommended by your physician and discontinue 2 days before the procedure.

Two weeks before your appointment

- You will get a call from our office where we will:
 - Confirm your procedure
 - Send in the prescriptions for Valtrex and Keflex
 - Pay the remaining balance
- Make sure you have the following at home:
 - Tylenol and/or Ibuprofen
 - Benadryl and/or Zyrtec
 - White Vinegar
 - Extra washcloths, hand towels and pillowcases
 - Antibacterial Soap to wash your hands before touching your face
- **Arrange for a driver** to accompany you on the day of treatment. You will be medicated and may have swelling around your eyes. Both impair your ability to drive home. We will call your driver 30 minutes before your expected pick-up time. Plan 4 hours in the office.

Five Days Prior

- Discontinue any glycolic acid products and retinoids (Tazorac, Retin-A, Tretinoin) that you may be using.
- Full payment must be received at least 48 hours before your procedure.

One Day Prior

- **Start Valtrex 1 gram (1000mg) 2x/day for 7 days** (1 day before your procedure and 6 days after your procedure) to help prevent viral infections. Please take this regardless of whether you have had cold sores in the past.
- **Start Keflex 500mg 3x/day for 7 days** (1 day before your procedure and 6 days after your procedure) to help prevent bacterial infections.

The day of the procedure

- Please allow 4 hours for your appointment.
- We will numb the entire face, including the eyelids, so your eyes will be closed. You will numb for 1 hour.
- **Please remove your contact lenses** before your appointment. We will be applying eye shields for your safety.
- **Come to the office with a clean face** – no makeup or creams
- Wear comfortable clothing (perhaps a front button shirt as this makes it easy to take on and off)



When you arrive at the office

- **Numbing Cream:** We will apply numbing cream for 1 hour.
- **Nerve Blocks:** Your physician will administer nerve blocks to provide additional comfort.
- **Eye Shields:** Will be placed (like contact lenses) to protect your eyes before the treatment.
- **Pain Medications:** Xanax and Percocet will be given. If you have any allergies, please let us know so we may consider other options.

Post Procedure Care Kit

We will provide you with a Post Procedure Kit to care for your skin immediately following the procedure. The kit will include the following:

- **Vaseline Ointment** or Vanicream Ointment or Aquaphor Ointment/ Alastin Recovery Balm
- Vanicream Moisturizing Cream
- Vanicream Facial Cleanser or Simply Clean Cleanser or Dove Bar Soap / Alastin Gentle Cleanser
- Gauze for the Vinegar Soaks
- Disposable Gloves

After the Treatment

- It will take several days for your skin to remodel, repair and heal.
- Four days of swelling, redness, and oozing are expected. Please prepare for 5 days of rest at home and an additional 2-3 days of limited activity.
- By Day 7, you can expect significant healing. However, do plan for **10 full days of social downtime** for this procedure.

When to call the Office

- If you experience any of the following, please get in touch with our office immediately at **(949) 364-8411**. If it is after hours or on the weekend, call the office and select option 5 to reach the on-call physician.
- A scab that looks different than the brown treated areas, especially if tender
- Excessive swelling or redness or itching
- Pain
- Blisters
- Pus bumps
- Odd smell in the treated area
- Crusting or oozing
- Fever, chills, general malaise



Post-Procedure Instructions

Day of the Treatment – Day 0

- Avoid direct sunlight: We recommend sitting in the middle back seat for your drive home.
- Air Conditioner: The burning subsides 1-2 hours after the procedure. Turn on the air in your car. It will keep your face cool.
- Pain Medication: Tylenol 1 gram every 4-6 hours and/or Ibuprofen 400-600mg every 6 hours, but typically, there is limited pain.
- Do not wash the treated area or take a shower.
- Ointment: Keep your face “glossed” with Vaseline Ointment or Aquaphor.
- Wash your hands with antibacterial soap or use a waterless hand sanitizer before touching your skin.

Day of the Treatment - Bedtime

- Sleep on your back with your head elevated. You will have swelling.
- Place a towel over the pillow to protect it from the ointment.
- Avoid irritants such as dust, sun, dirt, and hairspray.
- Take Benadryl to help you sleep.

Day 1 (the next day) to Day 5

- **Stay indoors:** Avoid direct sunlight from windows.
- **Shower:** Okay to shower but avoid washing hair on Day 1. On Day 2 you may wash your hair. It's okay if the shampoo comes into contact with your skin. Use tepid water.
- **Cleanse/Dry/Moisturize** Treated Areas three times today:
 - **CLEANSE**
 - Wash hands with an antibacterial soap
 - **STEP 1:** Vinegar Solution Soak – 10 minutes 3x/day
 - Vinegar Solution: Mix 1-2 tablespoons of white vinegar with 1 cup of boiled water (vinegar soaks). Boiling kills any bacteria and viruses in the water. Allow the water to cool, add the vinegar, and refrigerate. It is helpful to make a large batch that will last a few days.
 - A slight tingling is expected, but there should not be burning of the skin. If there is, dilute the solution with boiled and cooled water.
 - Apply moistened gauze strips over the face
 - Leave the gauze on for 10 minutes, and then remove it. If any gauze strip becomes stuck, moisten it with the water:vinegar mixture before attempting to remove it.
 - **STEP 2:** Facial Cleanser
 - Immediately following the Vinegar Soak, wash Face with Cleanser Provided
 - **DRY**
 - Gently blot the skin with a clean towel to dry it. **Do not rub** the skin with gauze or your clean towel.
 - **MOISTURIZE**
 - **If using Alastin:** Apply twice a day after soaks. Follow with **Vaseline Ointment**.
 - **If using Clobetasol:** Apply after morning soak and bedtime soak. Follow with **Vaseline Ointment**.
 - **No Alastin or Clobetasol:** Apply Vaseline Ointment over treated areas.



Helpful Tips:

- You **will not be able** to remove all the ointment from your skin. This is okay.
- **Do not attempt to rub** the skin with gauze or a washcloth; use only your hands to cleanse the skin.
- Healing times may improve with increased dedication to meticulous wound care and cleansing.
- **Reapply Vaseline Moisturizing Ointment as needed** to maintain a glossy appearance.
- Avoid exercise and drinking alcohol until your face is healed.
- **Stay hydrated and eat healthy.** Avoid high-sodium foods, as this may increase swelling.
- Continue taking Valtrex and Keflex as prescribed.
- If **your skin is itchy** and/or you have excessive swelling, you may take Zyrtec 10mg daily or Benadryl 25-50mg every 8 hours.
- To help **with sleep**, take Benadryl 25-50mg at bedtime.
- Avoid picking, scratching, and rubbing the skin.
- **Please take time to rest.** The skin is working hard to heal.

Day 3

- Follow-up appointments at the office usually happen on this day.

Day 6

- Discontinue the Vinegar Soaks.

Day 7-14

- Reduce cleansing to twice daily.
- Start the Vanicream Skin Cream.
- Wear Sunscreen when going outside. We recommend mineral-based with Zinc Content 21%+
 - Neutrogena Mineral Stick SPF50
 - Aveeno Baby Mineral Sunscreen
 - Neutrogena Sheer Zinc SPF 50
- Avoid exposure to excessive sun for 4 weeks. Use sunscreen and a hat/clothing to protect the treated areas.
- You may return to your usual exercise program.

Weeks 2-8

- Protect your skin. Avoid the following unless instructed otherwise:
 - Avoid direct sunlight as much as possible
 - Microdermabrasion, Exfoliants, Facials
 - Glycolic Products
 - Clarisonic Brush
 - Waxing
 - Massage with head in the face cradle
 - Retin A, Triluma, other retinoids

Three to Six months post treatment

- You will continue to see the improvement in collagen and wrinkle reduction
- Your physician may suggest one additional treatment 6 months to 1 year following your initial treatment.

