



eCO₂ After Care – (Full Face/Deep lines)

1. Do not shower to face and neck for 48 hours after the procedure. You can bathe. Do not apply any water pressure directly on the treated area(s).
2. Wash your hands every time before you touch treated area.
3. Sleep on 2 or 3 pillows at night, lying on back if possible, to reduce swelling and promote healing for 2-3 days. You may want to cover your pillow with a towel to prevent staining from ointment.
4. **Remember to finish all of your oral medication as prescribed.**
5. A soft diet for the first 24 hours is recommended. Avoid salt and alcohol. Increase fluids.
6. Avoid strenuous exercise for 7 days. Walking or light exercise is OK.
7. Do not expose your skin to the sun. Remember, UVA light passes through house and car windows.
8. Call us if you experience any one of the following:
 - o Pain that is not relieved by Tylenol/Ibuprofen or prescribed medication.
 - o Signs of infection: heavy white to yellow drainage in treated area, foul odor from drainage, a fever of 100.4°F or above, extreme tenderness and heat to touch, severe itching or tingling.
 - o If you are unsure about infection and cannot reach us, please go to an urgent care or ER. If you are experiencing respiratory distress or feel you have an emergency, please call 911. You can reach us at 212-752-3692 and/or medicalassistant@parkderm.com and/or drglodny@parkderm.com.

Day of Treatment

- If any oozing, dab gently with clean 4x4
- Use cold compresses (4x4 gauze pads dipped in ice water bowl and wrung out) on the treated area for the first 24 hours. Ice packs or a bag of frozen peas* may be applied ON-TOP of gauze.
- ***PLEASE NOTE: DO NOT APPLY ICE PACKS OR BAG OF FROZEN PEAS DIRECTLY TO SKIN**
- Keep treated areas covered with occlusive ointment, as instructed by physician. We recommend Vaseline or Aquaphor.
- If desired, may spray water mist on skin using distilled or spring water.
- May take an analgesic (eg: Acetaminophen or Ibuprofen) for discomfort.

Night of Treatment and Day After Treatment ("Day 2")

- Begin Vinegar Soaks every 3-4 hours with prepared solution by doing the following:
 - o Wash hands thoroughly with soap, rinse and dry before session
 - o Place 5-10 gauzes inside a clean bowl and carefully add in vinegar water until all gauzes are saturated.
 - o Use the gauze to gently pat off oozing/bleeding/occlusive ointment on treated area(s). Use gentle pressure. Make sure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting.

- o Gently rinse face with cool water and pat dry.
 - o Always apply occlusive ointment over entire treated area(s) after each vinegar soak.
- Apply cold compresses, as needed.
- Take Benedryl 25mg, if experiencing any itching.

Day 3 – 4

- Decrease vinegar soaks to every 4-6 hours.
- May begin to wash face with gentle cleanser using light pressure with fingertips only. Rinse with cool water and gently pat dry.
- Be sure to keep skin moist at all times by reapplying occlusive ointment.
- Okay to shower; avoid heavy water pressure to treated area(s).

Day 5 – 7

- Decrease vinegar soaks to 2 times a day.
- Keep skin moist with occlusive ointment.

Day 8 - 28

- May start more aggressive washing with fingertips to promote further exfoliation (do not pick or scratch the skin!).
- If using an occlusive ointment, may transition to a cream and spot-treat dry, rough patches with the occlusive ointment, as needed.
- After day 7, sunblock will be very crucial when going out in the sun. We highly suggest a physical sunblock SPF 30+ with zinc oxide (7%+) and/or titanium dioxide containing a 30 SPF or higher. Please wear a large-brimmed hat for better sun protection when leaving your home.
- Powdered mineral make-up may be used.
- May return to exercise programs.

***Oral medication:**

Valacyclovir: take 2 tabs twice daily x 3 days starting the morning of your procedure.

Oral antibiotics: You will be prescribed most likely doxycycline or cefdinir (unless instructed otherwise) to start the morning of your procedure. Please find directions for either below:

- Doxycycline 100mg twice daily x 7 days -or- Cefdinir 300 twice daily x 7 days

**** Vinegar mix:** take a 16oz bottle of water, pour out to the top of the label and add white vinegar until the bottle is full. Use this mixture for your vinegar soaks.

Pharmacy items: white vinegar, ice packs, occlusive ointment and clean 4x4 gauze.