

## MIXTO Co2 LASER POST-OPERATIVE INSTRUCTIONS

### Before Procedure

- **Fill prescriptions well before your procedure date.**

- PLEASE Purchase:

- 📦 Large Tube Aquaphor Ointment
- 📦 White Vinegar
- 📦 ZO Gentle Cleanser (This is included in the cost of the procedure)
- 📦 ZO Hydrating Crème (This is included in the cost of the procedure)

▪ You may feel more comfortable with a firm pillow so you can rest your head and not have your face touch anything or a neck pillow so you can sleep on your back. There are a variety of cervical pillows and foam pillows to choose from on Amazon. Another option is the Bow Tie Neck pillow from Buford Road Pharmacy.

▪ Concealer/ foundation- try to find a “green concealer” it hides the pink discoloration best. Clinique makes a good concealer. Dermablend is also a good concealer. **Do not use a concealer until you are cleared by Dr. Blanchet to use it! However please buy the concealer before the procedure.**

### Day Before Surgery

- Prepare Vinegar soak- **1 tsp white Vinegar to 1 cup cool tap water**. Keep in the refrigerator for later.

### Day of Surgery

▪ 1 hour before your appointment time, apply a heavy layer of numbing cream- reapply every 30 minutes and cover with saran wrap if possible.

### Post-procedure Day 1 through Day 5

#### Post-Surgery- Care of your face

▪ I recommend using Arriescence, a platelet derived growth factor with your laser. The results have been impressive in terms of healing as well as rejuvenating results post procedure. We will apply this at the end of the procedure. The additional cost is \$250. If you do purchase the Arriescence, then please only apply Aquaphor before bed, then start the cleanser and soaks the next morning.

- Gently wash (every 4 hours) with ZO Gentle Cleanser and treat with vinegar soaks.

▪ To Soak- Soak a thin washcloth or piece of cheese cloth or gauze in the prepared vinegar soak then lightly ring it & place on your face- sit for 45 minutes to 1 hour. This will soothe the skin and help to remove dead cells. More is better until the skin has completely sloughed.

- Put a moderate application of Aquaphor Ointment all over the lasered area.

- Once cleared by Dr. Blanchet switch to the Hydrating cream instead of the Aquaphor thick ointment after washing your face.

- Ideally you will sleep on your back. If this is not possible apply plastic wrap to your skin over thick Aquaphor at night. If your skin sticks to your pillow it can tear off the crust prematurely and cause injury and scarring.

- **Do not** try to rub off tiny crusts as this can lead facial to scarring. Continue this procedure for washing etc.

### **Day 3-5 – Dealing with the itch!**

- Take Zyrtec during the day- Benadryl at night.

- Use the hydrating creme by ZO often helps the itch too.

### **Day 5-8- Grid will fall off**

- Dr. Blanchet will see you frequently either in person or by email as you heal to check on you and answer questions, so plan to stay in town for a week to 10 days if possible.

- Do not go out into the sun while you have any residual crusting or redness on your face. If you must be outdoors for the first few weeks wear a large brim hat and use a new tube of broad-spectrum sunblock with UVA and UVB block of at least a SPF 40 and re-apply every 4 hours.

- After this, when the skin is its usual color, you may resume Retina A, Vitamin C or glycolic acids-please clear this with Dr. Blanchet first.

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**PATIENT'S SIGNATURE**

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**DATE**

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**CAREGIVER'S SIGNATURE**

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**DATE**

4/2025