



DOT CO2 Therapy POST-CARE Guidelines

- Patients should apply an occlusive ointment or intense moisturizer to prevent direct contact between the treated tissue and the air during the healing process. The use of an occlusive ointment improves patient comfort, and reduces the sensation of pain and burning by preventing air from contacting the treated region. After healing is completed an intense moisturizer may be used.
- Patient may apply cool compresses immediately after treatment. Some patients report a “hot” feeling, which lasts a few hours to a few days.
- Patient can gently wash area with tepid water and a gentle cleanser 3 times a day starting the morning after your treatment. Then immediately re-apply occlusive ointment or moisturizer for at least 4 days.
- Vinegar soaks may be applied to reduce burning sensation and reduce possibility of infection.
 - Mix 1 tablespoon white vinegar with 1 pint of warm water;
Wet a soft cloth or gauze, soak treatment site for 15 minutes with dilute vinegar solution.
- Patient can gently wash area with tepid water and a gentle cleanser 3 times a day starting the morning after your treatment. Then immediately re-apply occlusive ointment or intense moisturizer for at least 4 days.
- Patient may shower the next day, but avoid hot water/steam on treated area.
- Avoid “picking at” and aggressive scrubbing of the exfoliating skin -- allow it to gently exfoliate during the washing process.
- Sleeping with head elevated on pillows (head above heart) the first few nights post treatment can help minimize swelling.
- Avoid direct sun exposure. Apply sun block SPF 30+, when skin has healed. Sunscreen with titanium oxide, zinc oxide provides broader protection.
- Wear a protective hat or visor the first 2 weeks while outdoors.
- Environmental effects on treated skin:
 - Avoid dirty, dusty environments, hairsprays, perfumes while skin is healing
- Avoid topical exfoliation for 4 weeks.
- May use mineral make-up day 2 or 3 for lighter density or after skin is healed for higher density treatments.