



## Fractional CO2 Instructions

Congratulations on your CO2 procedure. Here are some steps for you to follow before, during and after your procedure has been completed.

### **BEFORE THE TREATMENT:**

Stop using all you products and use only the ones will provide to you.

Morning routine:

- 1) Clean you face with the cleanser.
- 2) Apply Clear Plus on your entire face, neck and chest.
- 3) Apply Aloe plus on your entire face, neck and chest.
- 4) Apply sun block immediately after on all areas

Night Routine

- 1) Clean you face with the cleanser.
- 2) Apply Clear Plus on your entire face, neck and chest.

**Sun block has to be reapplied 2 more times after your morning routine about noon and about 4 pm.**

**DAY OF TREATMENT:** When you arrive to the office you will be asked to cleanse your face and pictures will be taken of you. After your pictures are done, a topical anesthetic will be applied for about an hour to make your procedure more comfortable. The nurse will remove the numbing cream and Dr Nowak will come in the room to inject local anesthetic.

Eye shields will be placed to protect your eyes and let us work on your upper eyelids. Once everything is completed Dr Nowak will start the procedure. You should expect to feel heat in the areas treated which will be cooled down by cold air. When the procedure is done the eye shields are removed and the Esthetician will apply Oxigenetix Moisturizer that will help with:

- 1) Less down time
- 2) Complete, undetectable coverage from day one
- 3) Reduced scar tissue
- 4) Continuous protecting with continued use.

The color will be matched to your skin prior to procedure. It is normal to feel the treated area very hot and sensitive similar to a sunburn, swelling will occur.

**THE NIGHT OF THE PROCEDURE:** All you need to do is keep cooling your skin using a clean wet cold towel to cover all the area treated and use a bag of frozen peas to keep it cool. You only going to need to reapply Oxigenetix Moisturizer to the area treated and do not wash.

**THE DAY AFTER PROCEDURE:** In the morning wash your face with smooth gentle strokes in circular motions to face. Apply Aloe Plus and then the Oxigenetix. Please do not expose your face to the sun. In the evening/night **RE APPLY** the Oxigenetix to face. (It is not needed to wash face)

**ON THE THIRD DAY:** Today you are scheduled to come back to the office at the time arranged to meet with the esthetician. It is okay to shower just don't allow the direct pressure to the face, the esthetician will take care of cleansing all the areas, and explain how to keep taking care of your skin according to the healing of your skin. You will be scheduled to come back for another visit with the esthetician and Dr. Nowak will evaluate the process of your healing within the first week of your procedure.

**Every time you came for a follow up visit we will have to adjust the product that you will be using and you will receive a morning and night routine**

**Patient Name:** (first, middle, last) \_\_\_\_\_

**Signature of the Patient:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of the Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Dr. Eugene J Nowak**  
**Board Certified Dermatologist**  
**(619) 420-1840**