



Patient Instructions for Deka Fusion CO2 Laser Treatments

Pre-Treatment Instructions:

- 1) **Avoid sun exposure/** tanning beds/ tanning creams for **2-4 weeks** prior to treatment.
- 2) Stop topical **retinoids, acids and skin care products with active ingredients** for 5-7 days prior to treatment.
- 3) Start a preventative anti-viral treatment for those with a history of **cold sores**.
- 4) **Hydrate** with 64oz.+ of water per day before and after the treatment and **moisturize** the skin twice daily in the week leading up to your treatment.
- 5) Dark skin types and those **prone to hyperpigmentation** should pre-treat their skin with melanin suppressing skin care products for 2-4 weeks prior to treatment.

[Use Noon TXA-Brightening Complex 2x/day and Noon Vitamin C Serum once daily in the morning following the TXA-Brightening Complex.]

Intra-Treatment:

- 1) Skin will be cleansed of all make-up, sunscreen and surface oils.
- 2) Photos of the treatment area will be taken.
- 3) A topical numbing cream may be applied for 15-45 minutes prior to treatment. We will also use a Zimmer Cooler during treatment.
- 4) Each treatment will last approximately 60 minutes, including numbing time.

Post-Treatment Instructions:

- 1) **The day of the procedure: swelling, redness, and a mild to moderate sunburn sensation are common** and should be expected. Swelling and redness typically last for up to 5-7 days post procedure, or longer for very aggressive treatments. The heat sensation may last for up to 12 hours after treatment. Immediately after treatment, we may continue to cool the skin with the Zimmer Cooler and/ or a cool compress. At home you may use cool compresses as often as needed, but do not apply ice. Once the heat has dissipated/ skin has cooled, roughly 2-6 hours post treatment, apply a thin layer of Noon SOS cream (make sure skin is cool as we don't want to trap heat).
- 2) **With aggressive treatments pinpoint bleeding, weeping and oozing may be present.** Vinegar soaks may be applied for 10-15min as soon as a few hours post

treatment and as often as every 2 hours. **Vinegar soak recipe:** 1 cup distilled water, 1 TBSP of white distilled vinegar. Thoroughly moisten gauze or washcloth with the vinegar solution and apply to the entire affected area, ensure all the treated tissue is in contact with and covered by the gauze. We recommend storing the mixture in the refrigerator between uses to aid in the cooling effect. Continue vinegar soaks until weeping/ oozing/ bleeding/ crusting/ drainage stops, may take several days.

- 3) Some people may develop a **histamine response**. If swelling or itching is present, you can take any over-the-counter antihistamine, including Benadryl at night (sedating). If severe swelling (rare), please notify the office.
- 4) **NSAIDS:** Ibuprofen/ Advil/ Motrin/ Aleve may be taken as an anti-inflammatory to help decrease discomfort and swelling.
- 5) **Day 1-7:** cleanse the treatment area morning and evening with cool water and Noon MicroSoft cleanser and blot dry. Apply cleanser to dry skin, gently massage then add water to emulsify, and rinse off. Use only your fingertips while washing; do wash aggressively. After cleansing apply a generous layer of Noon HaloRonic (will temporarily sting as it is water based) follow with Noon SOS. After applying products, if burning is noted for more than a few minutes, wash off with cleanser, rinse with cold water and notify the office. Do not use products that have not been discussed with your provider. Reapply SOS every 3-4 hours or as needed, keep the area moisturized until the sandpaper texture resolves. Do not let your skin dry out. Do not rub, scratch or pick at your skin as it begins to get dry and flaky.
- 6) Once the weeping, oozing, and pinpoint bleeding stops and there are no areas where crusting or buildup of drainage occurs between soaks, you may move to Noon OMG cream which is a lighter and less occlusive product.
- 7) **Day 8-12:** continue to cleanse treatment area twice daily with MicroSoft cleanser, followed by HaloRonic and switch to Noon OMG cream.
- 8) You may **shower and wash your hair the next day** but avoid excessively hot water on the treated area for at least 72 hours and avoid shampoo/ soap running on the treatment area.
- 9) You will experience **itching** as the skin is healing. The vinegar soaks and cool compresses will help with this.
- 10) **Do not use anything abrasive or exfoliating** such as a loofah, facial brush, ultrasonic device, or sponge for 2-4 weeks post treatment. Avoid active ingredients (anti-aging products, retinoids, acne products, acids etc.) for at least 7-10 days post treatment. **Avoid other anti-aging treatments** for at least 4-6 weeks post treatment, or when your skin feels like it is completely healed and back to its baseline.
- 11) **Avoid sun exposure** to reduce the risk of hyperpigmentation. Once the skin is intact (no more weeping/oozing/bleeding) use a mineral sun block containing zinc oxide and/ or

titanium dioxide. No unprotected sun exposure until all the pinkness is gone and then for at least 4-6 weeks after that, as this can cause permanent scarring and pigmentation changes. A large-brimmed hat and sunglasses are recommended.

- 12) **Mineral makeup** may be applied after 5 days if weeping/oozing/bleeding has stopped. Use clean makeup applicators.
- 13) **Avoid exercise, sweating, excessive heat, saunas, hot tubs** etc. for at least 5-7 days. If the treatment area feels flush during the activity, consider postponing the activity.
- 14) **Wash your hands frequently** and avoid touching the treated area.
- 15) **Minimize exposure to pets** and objects that contain pet dander, do not allow pets to lick the treated area. Avoid sleeping with animals.
- 16) To lessen the potential for swelling, **sleep with the head slightly elevated** (one extra pillow). Sleep on a clean pillowcase and change it frequently.
- 17) **Avoid alcohol intake** for 72 hours to help limit bruising and other complications.
- 18) **No waxing** of the treatment area until at least 4-6 weeks post treatment.

Expectations:

- 1) Redness and swelling will happen, for some it may be moderate to severe depending on your body's inflammatory response, this can happen even with the lowest settings.
- 2) Your skin will go from red to dark pink and become dry with fine flaking over the next 3-7 days. It is normal to look worse days 2-3 after the procedure. However, if there is blistering, extreme redness or swelling, signs of burns or infection, or anything you are concerned about please call our office immediately. Healing varies from person to person.
- 3) The laser delivers energy into the skin in the shape of a square generally. Your skin will possibly have little pink/ red squares or grid marks from overlapped areas and other areas that look like they have been skipped or untreated, this is normal and to be expected.
- 4) Some people may develop little pimples or pustules within the first 24-72 hours. This may happen from applying too much moisturizer. It's also not uncommon to experience flare-ups of acne or formations of milia (tiny white bumps on the skin) 2-3 weeks later. If these develop, please do not touch them or try to pop them as you can cause an infection and possibly scarring.

Supplies to have on hand for post-procedure:

- Noon Aesthetics post-procedure products (MicroSoft cleanser, HaloRonic serum, OMG cream and SOS cream)
- Distilled white vinegar
- Distilled water
- Non-woven gauze (available on Amazon) or clean/ disposable washcloths for vinegar soaks
- Clean/ new makeup applicators
- Clean pillowcase(s)

9/5/25 AC.