TOTALFX™ FRACTIONAL CO2 LASER TREATMENTS POST-PROCEDURE INSTRUCTIONS

Your skin is extremely raw and vulnerable to the elements. During the healing process, you want to provide a protective, nourishing barrier between your skin and the world. To achieve the best results from your treatment and speed healing, we recommend the following post-procedure protocol:

**While your skin is healing:**

1. Sleep with your head elevated (head above heart) for the first few nights to help minimize any swelling.
2. Avoid excessive salt.
3. Avoid dirty, smoky, dusty environments.
4. Avoid hairsprays, perfumes, etc.
5. **Try to keep your hands off your face to avoid developing infection. Call the office if you are experiencing honey-colored oozing and crusting or pain. These could be signs of a staph infection.**
6. Avoid topical exfoliation (scrubs, brushes, wash cloths) for at least 4 weeks
7. **NO SMOKING UNTIL YOUR SKIN HAS HEALED COMPLETELY.**

**First 24 Hours After Procedure**

1. If you still feel “hot”, you can apply a cold compress. This feeling can last a few hours to a few days.
2. Swelling is normal and to be expected, however severity varies widely from person to person. Some people do not swell at all. Others can barely open their eyes the next morning. Alternate with Advil and Tylenol every 4-6 hours. Apply cold towels and compresses. Stay upright and active to help move the fluid from the tissue. It will only last a day or two. Feel free to call us if you’re worried!
3. Oozing is also completely normal. Pat your skin with gauze and then discard. Avoid re-using towels to reduce the chance of infection.
4. Gently cleanse your skin using the **Sensitive Skin Cleanser** included in your Post-Procedure System. Pat the skin dry. **DO NOT RUB.** You may wash your face as often as you feel you need to, as long as you reapply your moisturizer.
5. Apply a healthy layer of **EltaMD Moisturizer** (ointment).

**Days 1-4, Morning and Evening**

1. You may shower, but **avoid hot water or steam** on your treated areas.
2. Gently cleanse your skin using the **Sensitive Skin Cleanser**. Pat the skin dry. **DO NOT RUB.**
3. **DO NOT exfoliate, scrub, or pick at any peeling skin (should there be any).** Allow the skin to exfoliate naturally during gentle cleansing.
4. **Apply TNS Recovery Complex** (optional, not included in your Post-Procedure System). Applying while your skin is still damp will help to spread the complex with minimal rubbing.
5. Apply TNS Ceramide Treatment Cream, rubbing as gently and sparingly as possible.
6. If staying indoors, apply a layer of Moisturizer.
7. If you must be outdoors, apply UV Clear SPF 46 then a layer of Moisturizer Ointment. WEAR A WIDE BRIMMED HAT. Do your best to avoid direct sun exposure.

Beginning approximately Day 2 or 3, the areas treated with Active FX will begin to flake and peel.

**Days 5-14**

**Morning**

1. Gently cleanse your skin using the Sensitive Skin Cleanser. Pat the skin dry. DO NOT RUB.
2. Apply TNS Recovery Complex (optional, not included in your Post-Procedure System). Apply while your skin is still damp to help to spread the complex with minimal rubbing.
3. Apply TNS Ceramide Treatment Cream, rubbing as gently and sparingly as possible.
4. Apply UV Clear SPF 46.
5. You may begin wearing make-up again.

**Evening**

1. Gently cleanse your skin using the Sensitive Skin Cleanser. Pat the skin dry. DO NOT RUB.
2. Apply TNS Recovery Complex (optional, not included in your Post-Procedure System). Apply while your skin is still damp to help to spread the complex with minimal rubbing.
3. Apply TNS Ceramide Treatment Cream, rubbing as gently and sparingly as possible.
4. Apply a layer of Moisturizer Ointment (if desired).

After two weeks, you should be able to return to your normal skin care routine. Avoid using scrubs or a washcloth on your face for another two weeks.

**Shaving**

Once you have sufficiently peeled, men may begin shaving. We recommend using an electric razor for at least a week before returning to regular razor. Be sure to use a good shaving cream to lubricate your sensitive skin. If you find that your skin becomes irritated by the regular razor, return to the electric razor for a few more days.

**Chest**

If you’ve had your chest treated, it will take significantly longer to heal than the face. Be patient and gentle with your delicate skin. Contact our office if you need more product.

**Exercise**

You can exercise after your face peels completely, usually around day 5. You do not want to sweat when you still have that layer of dead skin on your face. You will trap the sweat under the dead skin layer and break-out with acne.

You’ve just spent quite a bit of time and money to improve the look and health of your skin. MAINTAIN IT! Ask our staff to put together a great skin care regimen that fits your lifestyle and your budget.
Expectations:

1. Remember, not all of your TotalFX results are immediate, like some other laser procedures. The goal is to trigger your skin’s natural healing responses to rebuild collagen, tighten laxity, and improve tone and texture. **You will see your best results 6 months after the procedure.**

2. How long your results “last” is entirely dependent on how well you take care of yourself and your skin. In general, your skin care routine should include a retinol, growth-factors, and a high-quality sunscreen. Please ask our staff for recommendations. We can put together a routine that includes physician grade and over-the-counter products to fit your budget.