

# SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

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## Post Procedure Instructions: **Standard SmartSkin CO2**

*(7-10 day downtime)*

It is important to follow these instructions after treatment for optimal results. You will have little to no discomfort when these instructions are followed.

### DURING FIRST 24 HOURS POST-TREATMENT:

- Your skin may look discolored and appear pink, shiny and/or gray. Expect your skin to feel rough and have crusting and weeping for an average of 4-5 days.
- Use ice/cold packs every two hours for 20 minutes max for swelling and discomfort.
- Gently wipe away crusting 3-4 times a day before applying Avene' Cicalfate Restorative Skin Cream.
- Cover treated areas with Cicalfate every two hours.
- Keep your head elevated by using two or more pillows when lying down.

### DAY 1 THROUGH 10 POST-TREATMENT:

- Continue taking all medications as directed by your physician.
- It is normal for your skin to feel sensitive and have a red, swollen appearance. The treated area may itch. You may take Benadryl for itching.
- Continue to apply Post Procedure Repair Complex up to 3 times a day.
- Apply Restorative Ointment directly over Post Procedure Repair Complex.
- Continue to keep treated areas covered with Restorative Ointment every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching. You may be applying Restorative Ointment more often than Post Procedure Complex.
- Use ice/cold packs as needed for swelling and discomfort. Do not apply ice packs directly on treated skin.
- Continue to keep your head elevated by using two or more pillows when lying down.
- Pain medication may be given, if needed, however pain should abate within 24 hours. If you feel pain 1-2 days after procedure, call your physician.
- Soak treated regions with cold, dilute acetic acid soaks (1 tsp white vinegar per pint of tap water placed in

*We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.*

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1930 PINNACLE POINTE WAY, KNOXVILLE TN, 37922

PHONE: (865) 474-8800 · FAX: (865) 474-8806 · WWW.DRDOPPELT.COM

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refrigerator) for at least 15 minutes 3–4 times a day. After soaks, gently wipe treated areas using a gauze pad or clean wash cloth to remove dead skin. Do not scrub. Continue soaks until new skin growth occurs (as soon as 7–10 days).

- After 36 hours, begin gently cleansing the skin twice a day with Skin Medica Facial Cleanser, provided in your kit. Do not scrub treated area. If any irritation or burning occurs, wait and try again the following day. Reapply Post Procedure Repair Complex after each wash. After 72 hours, switch to the TNS Ceramide Treatment Cream, provided in your kit. Only apply Restorative Ointment to very tender or raw areas.
- Resume all Post Procedure 360 System products, except Restorative Ointment for 2 weeks post Smartskin Procedure.
- For a few weeks after treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use the Avene Face SPF 50 when treatment area is exposed to the sun. If possible, wear wide brimmed hat.
- If there is any increase in pain or increase in skin redness, call your physician promptly.
- Keep all follow up appointments to access treatment progress.
- Following treatment normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually 7-10 days.
- Once you feel comfortable, a normal skin care regimen, including makeup or shaving, can be resumed.

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