

# SmartXIDE Tetra

## TETRA CO2 LASER PRE & POST CARE INSTRUCTIONS

### Prior to Treatment:

#### 7-28 days prior to treatment (to hydrate your skin and optimize treatment results)

- Hydrate and Protect:
  - Moisturize skin at least 2x a day (AM/PM), apply kojic acid (greater than 4%), hydroquinone 4% or azelic acid twice per day if your provider instructs
  - Increase water intake to 8 glasses of water (8oz) or more per day
  - Avoid aspirin, retinoids, tetracycline, naproxen, other photosensitizing medications and topicals.
  - Avoid exposure to the sun, tanning bed and tanning products. Please, use a hat and zinc oxide-based sunscreen of at least SPF 30+.

#### 3-7 days before your treatment

- Prepare your skin:
  - Stop any topical retinoid therapy (7 days prior to treatment)
  - If you have a history of fever blisters, ask your provider about starting an antiviral prophylaxis
  - Avoid exposure to the sun, tanning bed and tanning products minimum 2wks prior to treatment

### Post Treatment:

#### Day of treatment

- Prep for the treatment:
  - Arrive to office with clean skin in the area to be treated and without jewelry including but not limited to hairspray, makeup, gels, ointments, lotions, skin care products, & perfumes.
  - Do not use an alcohol-based cleanser as it may remove moisture from the treatment area
- Pre-treatment photos will be taken upon arrival for treatment
- Topical numbing will be applied and removed prior to the treatment

#### During the treatment

- Protective eyewear will be used during the treatment
- A smoke evacuator (sounds like a vacuum) will likely be running to remove smoke from the air
- Air chiller will be blowing on your face during treatment

### **What to Expect:**

- Swelling and sunburn sensation are common after treatment and may last 3-7 days
- Skin should feel rough like sandpaper for 3-4 days post treatment. Longer if you've chosen a deeper treatment and may peel.
- Skin will be red and swollen mildly to severely.

### **First 48 Hours After the Deka:**

- Apply cold compresses with clean water as often as needed with clean cloth each time
  - The day of treatment do not apply any topicals or products to the face
  - Sleep with a clean pillow case
  - To help lessen the potential for swelling, consider sleeping with the treatment area elevated
  - A cool misting spray may be used for comfort, if needed.
  - Starting the day after treatment, please wash the treatment area with gentle cleanser recommended twice daily. Many patients see redness for 3-5 days or more after the treatments
    - Redness is expected to last longer with stronger treatments. Skin may flake during the healing process
      - Face and Neck – 5-7 days
      - Chest 7-10 days
      - Hands 10-14 + days
  - For the first 48 hours after Deka, apply distilled white vinegar soaks three to four times a day
    - For 1 Cup: 1 Tbsp distilled white vinegar to 1 cup water
    - For 1 Quart: 3 Tbsp of distilled white vinegar + 1 Quart water
    - For 1 Gallon: ¾ Cup of distilled white vinegar + 1 Gallon water
  - Store in the refrigerator between uses to aid in the cooling effect
  - Moisten gauze or clean washcloth with the solution and apply to the affected area for 10 minutes
  - If you have weeping, please call us and also apply StrataCell (available at office) with clean hands as often as necessary to keep moist.
  - You can wash with gentle cleanser the evening of your treatment
  - You may apply TNS moisturizer
- We prefer you not wear sunscreen for first 48 hours, but if you must leave the house or any sun exposure (get mail/walk dogs), you may apply zinc based sunscreen that we supply
- Minimize the exposure to pets, especially cats. Do not allow any pet to lick the treatment area
- Limit alcohol consumption after the treatment to help minimize the risk for additional complications like bruising
- If swelling or itching is present, in addition to ice compresses you can take any over the counter antihistamines such as 25-50 mg of Benadryl at night (sedating) or Allegra (fexofenadine) 180mg once a

day (nonsedating) to help. If swelling is severe (rare), call us and we can call in a prescription for oral steroids can be called in for you.

- You may take Tylenol if you have discomfort.
- Some people can develop little pustules or pimples the first 24-72 hours. If these develop, please do not touch them or try to pop them because you can cause infection and scarring possibly! It's also not uncommon to experience flare-up of acne or formations of milia (tiny white bumps on the skin) 2-3 weeks later. You can call us to request a topical antibiotic.
- Keep the area hydrated at all times. The more moisture = the better the healing process will be. Do not let the skin dry out. Reapply every 3-4 hours and as needed to maintain a moist environment
- Avoid touching the area, sun exposure, intense workouts and sweating for 48 hours.
- After 48 hours you may leave the house with zinc oxide-based sunblock and allow the sunblock to rest, undisturbed for 5 minutes. You will be sun sensitive for a minimum of two weeks so try to avoid the sun as much as possible and wear a hat when possible.
- Mineral Makeup can be applied 48 hours post treatment.

### **Days 3-7 After**

#### **AM**

- Continue to wash the treatment area with a mild soap or gentle cleanser that we provide
  - Continue TNS moisturizer (or Cetaphil or Cereve or any moisturizer meant for a newborn baby's skin.) twice per day
  - Wait ~ ten minutes to apply a zinc oxide-based sunblock that we provide
    - Allow the sunblock to rest, undisturbed for 5 minutes
- Reapply every 3-4 hours and as needed to maintain a moist environment
- You can resume your usual skin care regime after 2 to 4 weeks if your skin feels fully healed
- Avoid scrubbing or trauma to the treated area
- You can resume mineral make-up when area feels healed, 3 to 7 days
- Avoid sun exposure to reduce the chance of hyperpigmentation
- Continue using a zinc oxide-based sun block with an SPF 30+

#### **PM**

- Gently wash the treatment area using the mild cleanser mild soap or gentle cleanser and gently blot dry
  - If a post treatment product was purchased, you may apply it at this time
  - If you had an aggressive treatment that causes weeping, wait ten minutes after washing to apply stratacell or Petrolatum ointment to the treated areas
- Avoid exercise or any excessive heat for 2 weeks post treatment
- Change your pillowcase daily and as needed for the first 7 days post treatment
- Excessive sun must be avoided for 2 months post treatment

**\*Call Hermann Aesthetics with any questions or concerns. TPA office: (813) 902-9559 STP office: (727) 278-3992**