

## **Dr. Tomi Wall**

### **Pre and Post MiXto Laser Instructions**

Congratulations! You have chosen to improve the aesthetics and health of your skin by having the MiXto fractionated CO2 procedure. This laser procedure has the ability to produce dramatic results in skin rejuvenation. It also has a slightly longer recovery time than some other lasers. Just remember that the reward is at the end of the healing journey.

Post-operative care is very important, and side effects such as pain, infection and swelling may be minimized by following the instructions carefully. Sometimes, the after effects of the procedure are quite minimal, so not all of these instructions may apply. When in doubt, please feel free to call our office at any time for clarification.

**MEDICAL CONDITIONS:** You may not be a candidate for the laser treatment and should notify Dr. Wall right away if you have history of keloids, immune deficiency, are pregnant or breastfeeding, have a history of abnormal wound healing, personal or family history of vitiligo, or history of taking Accutane (isotretinoin) in the past 12 months.

#### **ONE MONTH BEFORE TREATMENT:**

- 1. AVOID DIRECT SUN EXPOSURE:** Too much sun before or after the procedure can cause unwanted discoloration and poor healing. For optimal results, you should have less than one hour of direct sun exposure for one month before and after treatment.
- 2. CHECK YOUR WORK AND SOCIAL SCHEDULE:** After treatment you may want to take the rest of the day off. You most likely will be red and swollen (similar to a sunburn) for approximately 7 days after the treatment. Some people plan to take this week off. We recommend not planning a big social event until 4 weeks after the procedure.
- 3. EXERCISE:** You should not engage in heavy exercise for the first 2-5 days post laser, so please plan accordingly.

#### **ONE WEEK BEFORE TREATMENT:**

- 1. OBTAIN PRESCRIPTIONS:**

**\*If you do not have these prescription medications, please call our office.**

- a. Valacyclovir or acyclovir** to start 1 day prior to treatment for prevention of cold sores (even with no prior history of cold sores).
- b. Keflex (Cephalexin) or Z-pack (Azithromycin)** (if allergic to penicillin) to start 1 day prior to treatment to minimize the risk of bacterial infections.

## **2. OBTAIN OVER THE COUNTER MATERIALS:**

- a. An antihistamine** (Zyrtec, Benadryl, Claritin, or Xyzal) for possible itch.
- b. Tylenol (acetaminophen)** for pain.
- c. Gentle cleanser** (cetaphil, aveeno, or cerave)
- d. Plain white vinegar**
- e. Vaseline ointment**
- f. Gentle moisturizer** (cerave, cetaphil). (Many lotions can cause allergic rashes on the skin, so we recommend not using anything else except Vaseline for the first 2 days).
- g. Broad spectrum sunscreen** with SPF 30 or greater. (Check Dr. Wall's sunscreen recommendation handout for examples).
- h. Ice packs.**

## **ONE DAY BEFORE TREATMENT:**

1. Start your oral medications: Valtrex/Acyclovir and Keflex.

## **DAY OF TREATMENT:**

1. Eat normally the day of treatment.
2. For men: shave normally. (This will be the last time you can shave for approximately one week).
3. For women: do not wear makeup.
4. If you have contact lenses, do not wear them. Wear glasses.
5. Bring in the ear headphones/music if you desire.
6. Wear something comfortable that has a loose fitting neck or zip top, so you can put it on over the face easily.

## **7. What to expect during treatment:**

- a. The areas to be treated are thoroughly washed and a topical anesthetic will be applied for approximately 60 to 90 minutes.
- b. A special numbing eye drop and contact lenses are inserted\* (optional)
- c. Treatment typically takes 45-90 minutes depending on the area treated.
- d. After treatment, you will sit with ice packs to cool your skin for approximately 10-20 minutes.
- e. Vaseline and sunscreen are applied.
- f. You will make an appointment for follow up approximately 3-7 days after treatment.

## **AFTER YOUR TREATMENT:**

### **DAY 1:**

1. For the first several hours, you may notice redness and a stinging or burning sensation similar to sunburn. Apply ice packs approximately 10 minutes (on and off) every hour until bedtime.
2. VINEGAR SOAKS: 3-4 times on day 1.
  - A. 2 tablespoons of plain white vinegar in a clean bowl of cool water.
  - B. Soak several small washcloths into the water mixture and wring dry.
  - C. Place washcloth gently over treated area. Leave on 10-15 minutes.
  - D. Then apply Vaseline.
3. Cleanse your face with gentle cleanser before bed and pat dry with towel.
4. Apply thin layer of petrolatum ointment (Vaseline).
5. Take the prescribed medications.
6. Sleep with your head elevated with several pillows.
7. Avoid anything that will heat up your skin: hot tub, steam room, sauna, and heavy exercise.

8. Do not use any products such as Retin A, glycolic acid, scrubs, masks until skin is healed. (Approximately 1 week).

### **DAY 2-7:**

**\*It is normal to have swelling and redness for approximately 2-7 days. During this time, you may also see small brown flakes on your skin. If you see blisters or scabs, please contact our office.**

1. Cleanse your face with a gentle cleanser 2-3 times daily and pat dry.
2. Apply petrolatum ointment (Vaseline or aquaphor) immediately after each cleansing.
3. You may shower normally, but avoid direct water on your face.
4. Vinegar soaks 3 times a day, applying Vaseline afterwards.
5. Remember to use your sunscreen daily.
6. No scrubs, masks, or other abrasive substances on your face.
7. You may notice flaking of your skin. Please do NOT pick or rub at the area. You may apply extra Vaseline ointment if you wish.
8. Take the prescribed medications for the full course.

### **Day 7-14:**

**\*Please remember that your renewed skin is sensitive and requires gentle care.**

1. Dr. Wall would like you to come in for follow up 3-9 days post laser.
2. Continue with cleansing.
3. You can switch to moisturizer and stop Vaseline.
4. Women: Makeup can be applied when skin is smooth and pink, without brown spots.
5. Men: Can start shaving again.
6. Can restart regular skin care regimen when Dr. Wall states this is ok.