



Instructions after CO2 I&D Acne

Taking care of your skin after a skin procedure is as important as the actual procedure, itself.

You should come for follow up visit in 2-3 days after procedure.

- **Wash your face** 1-2 times a day ONLY with **Water & Vinegar solution**: Boil 1 liter of water, cool it off, add 1(one) tablespoon of white vinegar. Mixture should be room temperature.
- Avoid bathing or washing with very hot water. Use tepid water. You may feel like you have a mild to moderate sunburn. Keep the area clean. Wash gently.
- **Next 10 to 14 days** AVOID DIRECT AND INDIRECT SUN EXPOSURE after your treatment. SPF 45 with Zinc Oxide 12%, Octinoxate 7.5% must be worn at all times if you are planning to go/stay outside. At minimum for 10-14 days after the treatment.

Post-op MEDICATIONS:

- **ACYCLOVIR** - anti viral tablets should be taken: 1 tablet 3 times a day for first 3 days.
- **Intensive Recovery Cream** or **Bacitracin Ointment** or **Clindamycin 1% Lotion** should be applied to treated areas daily 1-2 times a day.

Resuming Previously Prescribed Medications

- **ACNE**: You can resume your acne medications 2-3 days after procedure. Please follow instructions from your provider if you have been told something else.

General Instructions

- Do NOT use SUNSCREENS, LOTIONS or CREAMS in freezing temperatures - Sunscreens, lotions and creams are water based formulas and WILL FREEZE ON YOUR SKIN causing damage

When to call office immediately?

Any of the following symptoms at your wound or the area around it:

- Increasing redness or swelling
- Increasing pain or discomfort
- Yellowish or greenish drainage
- Have **Cold sore** on your face
- Rash
- Blistering
- A temperature of 100.4° F (38 ° C) or higher
- If you do not have a follow-up appointment

Please call our office with any questions or concerns: (847) 518 – 9999