



# **Solaria CO2 Resurfacing Pre- & Post-Care Instructions**

## **Before Your Treatment (Pre-Care)**

### **2 Weeks Before Treatment**

- Avoid direct sun exposure, tanning beds, and self-tanners.
- Use a broad-spectrum SPF 30+ daily.
- Discontinue retinoids/retinol (including prescription tretinoin) unless otherwise instructed.
- Avoid harsh exfoliants, acids (glycolic, salicylic, lactic), and irritating skincare products.
- Notify your provider if you have a history of:
  - Cold sores/herpes simplex (antiviral may be prescribed)
  - Recent isotretinoin use
  - Keloid scarring
  - Active infection, rash, or open wounds
  - Recent facial procedures (peels, lasers, microneedling, injectables)

### **5–7 Days Before Treatment**

- Avoid:
  - Waxing, depilatories, or threading in treatment area
  - Chemical peels or exfoliating treatments
  - Aspirin, ibuprofen, fish oil, vitamin E, or blood-thinning supplements if medically appropriate and approved by your provider
  - Stay well hydrated
- Hold for 5-7 days unless otherwise directed:
- Tretinoin
- Hydroquinone (unless provider-directed)
- Isotretinoin (requires provider clearance)

### **Day of Treatment**

- Arrive with clean skin free of makeup, lotion, or sunscreen.
- Avoid alcohol for 24 hours prior.
- Eat a light meal before your appointment.
- Arrange downtime, as redness and recovery are expected.

# After Your Treatment (Post-Care)

## First 24–72 Hours

**Expected:** Redness, warmth (sunburn sensation), swelling, pinpoint crusting/bronzing.

- Use only provider-approved healing products.
- Keep skin moisturized at all times (do not allow skin to dry out).
- Use gentle cleansing only:
  - Lukewarm water
  - Mild cleanser
  - Pat dry- do not rub.

### **Avoid:**

- Touching, picking, or scratching treated skin
- Heat (hot showers, saunas, steam rooms, exercise causing excessive sweating) for 48–72 hours
- Makeup until skin integrity has recovered (typically 3–5 days or as instructed)
- Active skincare:
  - Retinol
  - Acids
  - Vitamin C
  - Exfoliants
  - Scrubs

## Days 3–7

- Skin may feel rough or “sandpapery” as it renews.
- Flaking or bronzing may occur- **do not pick.**
- Continue gentle cleanser + healing moisturizer.
- Avoid sun completely and wear SPF 30–50 once approved to resume.

## Until Fully Healed (Typically 1–2 Weeks)

### Avoid:

- Swimming pools, hot tubs, lakes/ocean
- Excessive sweating
- Sun exposure
- Additional procedures unless cleared by your provider

## **Important**

Contact your provider immediately (207-412-0291) if you experience:

- Increasing pain
- Pus or signs of infection
- Fever
- Extensive blistering
- Worsening swelling after 72 hours
- Unusual pigmentation changes

## **Results**

- Improvement develops gradually as collagen remodels over weeks to months.
- Multiple treatments may be recommended for optimal results.