



## PRE AND POST CARE INSTRUCTIONS CO2

### Pre Treatment

- Arrive with no makeup and clean skin
- Do not wear contact lenses.
- You may experience a sensation of warmth (like mild sunburn)
- There may be the smell of burning hair as some of the light, velus hair, might get singed.
- Stop using exfoliates such as scrubs, Retinols, Retin-A®, and AHA/BHA products 1 week prior to treatment.
- Avoid excessive sun exposure or tanning for at least 2 weeks prior to treatment.
- Use a Sun Protection Factor (SPF) 30+ zinc oxide or titanium dioxide based sunblock for 1 month prior to treatment.

### Post Treatment

- Keep recommended product on your skin at all times until peeling is finished.
- Protect your skin from sun exposure.
- Always wash your hands before applying recommend product.
- Try to sleep on your back following treatment of the face.
- The recommended product may be removed by using warm water, DO NOT RUB.
- Following cleansing, use a vinegar solution every 2-4 hours for 1 week to ease any discomfort: Mix a solution of 1 teaspoon of white vinegar to 1 cup of cold water and gently dab on the treated area using a clean washcloth or gauze. Rinse well and apply new recommended product immediately.
- Call us immediately if you have continued pain, blistering, oozing or concerns.
- The darkened pink, red, or bronzed skin will peel and flake off. DO NOT PICK!
- After the peeling and flaking have stopped, stop using the recommended product and use an SPF 30 or higher.
- Treat the new skin gently.
- It will generally be 2 to 10 days after treatment before you can apply make-up or shave.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.249.6979.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**