



PRE AND POST CARE INSTRUCTIONS CO2

Pre Treatment

- Arrive with clean makeup free skin
- Do not wear contact lenses
- Stop using exfoliants 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 broad spectrum mineral based SPF 30+ sunscreen when outside
- For AGGRESSIVE treatments, start applying DTOX twice a day for 7 days prior to the procedure

Post Treatment

- If you have an AGGRESSIVE treatment:
 - Use a gentle cleanser twice a day to wash the treated area starting the morning after your procedure
 - Apply STRATAMED 2-3 times a day for 3-5 days. If you were not given STRATAMED, you may use AQUAPHOR
 - After 3-5 days, once the wounds have healed, start REPAIR twice a day for 7 days
 - If necessary to cool the skin or relieve itching, you may use cold compresses of a vinegar solution. Mix 1 teaspoon of white vinegar with 1 cup of cold water and gently dab on the treated area using a clean washcloth or gauze as needed.
- Call us immediately if you have severe pain, blistering, oozing or concerns
- The treated skin will peel and flake off. DO NOT PICK!
- You can resume your skin care routine, apply make-up or shave after all of the wounds have healed. For MILD treatments 3-5 days, for AGGRESSIVE treatments 7-10 days
- Use SPF 30+ sunscreen when outside at all times to protect your skin

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 253.466.5011.
If you are pleased with the service you received today, we invite you to post a review on Yelp or Google.