



FIRAS AL-NIAIMI
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Post CO2 laser resurfacing aftercare sheet (face only)

- Make arrangements to have someone stay with you (preferably) for the first 24 to 48 hours. The laser produces an open abrasion type wound which will usually heal without a problem if you follow the instructions below. The important skin care principle following the CO2 laser procedure is to avoid crusting or drying of the skin. Keeping the skin as moist as possible will result in faster healing.
- Wash your hands thoroughly first before gently washing the face. Apply the cleanser gently on the face and avoid excessive hard rubbing. Use lukewarm water to wash the face. The first 3 days wash the face at least 3 times a day or more if there is excessive oozing. From day 4 you can start to wash the face twice daily or again more often if there is continuous oozing in-between.
- Use a gentle cleanser to wash the face such as Avene cleanance or Dermol wash or La-Roche-Posay gentle cleanser. Continue like this until there is no more crusting or oozing then revert back to your normal cleanser (no exfoliative yet) or continue with these cleansers.
- In acne-prone skin Cetaphil cleanser is a suitable one. Use clean paper towels to gently pad dry the skin then apply liberal amount of barrier cream/recovery cream the first 10 days.
- The first 10 days use either Cicaplast Baume B5 (use the gel if acne-prone skin) or Avene skin recovery cream with the frequency as explained above. Once the skin has healed with no more oozing or crusting (variable but often the case by day 10) then can revert back to your own moisturizer or can use Avene light hydrating cream or Cetaphil cream.
- If there is sensitivity of the skin (once healing is complete after 7-10 days) then add Toleriane cream ultra from La-Roche-Posay
- Soak the skin once a day with vinegar soaks. Get 1 litre of boiled water to cool down and add 2s teaspoons of white vinegar then use a wash cloth (must be washed daily) or strong paper towel and soak the skin and in particular the crusted areas for at least 15 minutes. This has an anti-bacterial effect. Apply the barrier cream afterwards. At any point DO NOT pick at your skin or the scabs. Wait until they naturally fall off.
- In case there is some mild burning or tingling sensation use a thermal water spray from Avene or La-Roche-Posay to alleviate these symptoms. Avoid exercise the first week and avoid the hot shower directly on your face.

- Try to tie the hair back with a hair band to minimise the risk of infection.
- Sleep slightly upright to reduce the facial swelling and if need apply some icepacks (wrapped in clean paper towel) to reduce some of the swelling.
- If there is pain or discomfort the take ibuprofen 400 mg every 8 hours if necessary.
- During the first 7-10 days avoid close contact with pets or animals and ensure a clean environment at home to minimise the risk of infection.
- Avoid contact with people who have active skin infections or herpes.
- Once the oozing and crusting is over (can take up to 10 days) then apply a sunblock of minimum SPF 30 together with the gentle cleanser and light moisturizer. Only at this stage you can wear make-up. Sun avoidance is advised for at least 6 weeks.
- The skin at this stage will appear red but this redness will gradually diminish.
- In the event of developing acne spots or small white milia (milk spots) try to use a lighter moisturizer as this is likely to be due to occlusion.
- Use of alpha-hydroxy acids, retinol/retinoic acid or exfoliation should be resumed after 4 weeks from the start of the treatment and introduced gradually as the skin can still be sensitive.
- In the event Dr. Firas Al-Niaimi has prescribed you any tablets please take them as prescribed
- .IMPORTANT: In the event of any suspicion of an infection (green or yellow offensive drainage), fever, extreme pain or tenderness to touch, tender lymph nodes, cold sores or crusting beyond 10 days then contact Dr. Firas Al-Niaimi on info@drfirasalniaimi.co.uk or 020-81918871.

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