Secret™ PRO CO_2 Skin Rejuvenation
Pre & Post Information

At Fresh Laser Skin Studio, we want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Please note: All information and photographs are securely stored to ensure client confidentiality.

Failure to comply with the following pre and post-care may increase the probability of complications.

Treatments:

CO_2 Skin Rejuvenation – Ultra-Light & Ultra
Ultra-Light is a fractionated micro-peel skin rejuvenation treatment to refresh your skin with minimal downtime of 3 to 5 days and is safe for fair to medium skin types.
Ultra is a micro-ablative fractionated CO_2 skin resurfacing laser treatment. Although a much milder alternative to traditional, fully ablative skin resurfacing, it is more of a corrective treatment with 7 to 10 days or longer of downtime and is safe for fair to medium skin types only.
It is recommended to have a series of less invasive treatments vs. one aggressive treatment as this minimizes the downtime and risks, while providing similar, if not better results than past technologies.

Skin Conditions Treated:
- CO_2 Micro Peels – overall skin rejuvenation(Ultra-Light)
- Pore reduction and texture smoothing
- Firming up the skin and reducing fine lines
- Benign raised skin lesions(ablative)

Please note these procedures are purely elective, the results may vary with each individual treatment, multiple treatments may be necessary to achieve results, and no guarantees of individual results can be made. The goal of these treatments, as in any cosmetic procedure is improvement, not perfection.

Pre Treatment
- Neurotoxins (Botox, Dysport, Nuceiva or similar) or fillers should be administered post-treatment or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Do not wear makeup on the day of treatment.
- Excess hair may need to be shaved. Men should be cleanly shaved prior to treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment
    - Includes spray tans, tanning lotions, tanning beds, unprotected sun exposure, etc.
- Avoid skin irritants a few days before and after treatment such as
    - Products containing retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Discontinue the use of any retinoic acid (Vitamin A) prescriptions, medical grade retinols or other highly active products for a minimum of 3 to 5 days prior to your treatment.
- Avoid anti-inflammatories such as Ibuprofen and aspirin for 24-48 hours before treatment to help prevent bruising.
- Must not have taken Accutane for a minimum of 6 months.
- Read the post care instructions and ask questions if you have any concerns.
- If you are prone to cold sores and fever blisters, you will need to obtain a prescription from your doctor and start the antiviral medication (i.e., Valtrex), if prescribed 2-4 days prior to the treatment.
- Purchase recommended skin care products and Cytoderma or ZO Soothing Ointment for healing.
- Purchase mineral SPF 50 and mineral makeup for protection and camouflage (if needed).
- Notify clinic with any changes to your health history or medications since your last appointment.

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Post Treatment

- Immediately after your treatment gauze soaked in a cold water and vinegar solution will be applied to soothe the treatment area.
- A nutrient rich hyaluronic solution will then be applied to the treatment area, followed by Cytoderma or a soothing ointment.
- The skin in the treated area will be red, swollen and feel hot and tight, like a sunburn, immediately following the treatment. This is normal and expected for 2-3 days after treatment.
- Wait a minimum of 6-8 hours before washing your face or applying anything else to your skin.
- Your skin may feel itchy and tingly during the first week and peeling may be evident.
- Wash hands thoroughly before touching your skin. Touch as little as possible and DO NOT PICK! Picking may cause permanent scarring.
- You may see grid marks (tiny dots) on your skin from the CO_2 treatments that may scab or crust within 3-5 days after treatment and will gradually disappear within 1-2 weeks, on its own. Do not scratch, scrub, rub or use chemical/physical exfoliators.
- Use a GENTLE cleanser and gently cleanse the skin with hands only, twice a day and pat dry until the crusting naturally exfoliates/sloughs off. Do not scratch, scrub, rub or use an exfoliator.
- Apply a thin layer of Cytoderma (sterile breathable protection) or ZO Soothing Ointment, on cleansed skin every night to enhance the healing process. May also be used in am with sunscreen applied on top.
- Avoid sun exposure and apply your SPF 50 mineral sunscreen every day to prevent further sun damage. Reapply your sunscreen as necessary (every 3-4 hours).
- Avoid strenuous exercise, hot tubs and saunas for the first 48-72 hours following treatment.
- Do not use any products with active ingredients such as Retin A, medical grade Retinol, Glycolic and Salicylic acid, for a minimum of 7-10 days. Please ask about your products if you are unsure.
- Bruising, redness, swelling or a grid pattern may occur and resolve with time.
    - More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime.
- Multiple treatments are required to enhance collagen and elastin production.
- Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

General After Care

1. Make-up: It is important that you gently remove all make up that is applied to the skin at night(double cleanse is recommended). Do not sleep with make up on the treated area. Continue to use Cytoderma or Soothing Ointment at night for a minimum of 3-5 days.
2. Sun Avoidance: Sun avoidance should become a permanent component of your long-term skin care program. Always use a mineral SPF 30 or greater (mineral SPF 50 recommended) to protect your face, neck, décolleté and hands.
3. Long-term Skin Care: In addition to sun avoidance, we suggest all clients use a long-term skin care regime that will optimize the youthful, rejuvenated appearance you will achieve. Maintenance treatments are recommended for continual skin rejuvenation.

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Potential and common side effects that may occur with micro ablative treatments:

- DISCOMFORT may be mild to moderate, even though a topical anesthetic is applied prior to treatment as some areas are more sensitive than others.
- INFLAMMATION which may include: irritation, itching, pain, bruising, flaking, ingrown hairs, typically subside/fade in 5-7 days.
- ERYTHEMA (redness) and mild to moderate "sunburn" like effects may last for a few hours to 2-5 days
- EDEMA (swelling) of the skin around the treatment site, sensitive skin in treated area and may last 2-5days
- PIN POINT BLEEDING may be minimal, as all treatments are micro ablative (breaking the skin's surface).
- CRUSTING/PEELING/SCABBING may occur during the healing process and the treatment area may also feel rough or like "sandpaper", this usually takes 4-10 days to resolve.

Complications and adverse reactions, although rare, that may occur with micro ablative $CO2_2$ treatments:

- HISTAMINE/HIVES - Some people may develop raised papules similar to hives, this usually subsides within a few hours. On rare occasions antihistamines will need to be taken orally for a few days until reaction
- PUSTULES may develop in the first few days following treatment and gradually subside.
- MILIA/ACNE - Ointments that occlude hair follicles, sweat ducts, or sebaceous ducts may lead to milia/acne formation. This is more common in patients with a history of cystic acne or oily skin.
- HYPOPIGMENTATION/HYPERPIGMENTATION: (changes in skin colour) – During the healing process there is a slight possibility that the treated area may become lighter(hypopigmentation) or darker(hyperpigmentation) in colour compared to the surrounding skin. Pigmentary issues may take up to 9-12 months to resolve, but on rare occasion it may be permanent. Hyperpigmentation can be worsened with sun exposure.
- ALLERGIC REACTION – There is an unlikely, but potential risk of allergic reaction to any gel, lotion or topical anesthetic that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching and formation of a rash.
- CONTACT/ALLERGIC DERMATITIS OR SKIN SENSITIVITY - Potential increased sensitivity, irritation/itching or allergic reaction of the skin due to skin surface disruption.
- WOUNDS - Treatment can result in burning, blistering, or bleeding of the treated areas. It is important that you not pick or scratch the sites as this may lead to permanent scars or promote an infection.
- INFECTION – Infection is a possibility whenever the skin surface is disrupted, although proper after care treatment should prevent infection. If signs of infection develop such as pain, heat or surrounding redness, please seek medical attention and call our office.
- SCARRING – Scarring is a rare occurrence but is a possibility if the skin is disrupted by picking or other. To minimize chances of scarring, it is IMPORTANT not to pick and that you follow all post-treatment information provided on our website.
- OCULAR SHIELDS – For Co_2 treatments involving ocular shields (under eyelids), there is an unlikely, but potential risk of minor corneal abrasion and/or adverse allergic reaction to numbing drops
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING – May increase risk of side effects and adverse reactions.
- PRE & POST CARE – Failure to comply with pre and post-care information may increase the probability of complications. Please check our website www.freshlaser.ca , call 403-264-4494 or email: info@freshlaser.ca if you have any questions.

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Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 2 business days notice is required for appointment cancellation or rescheduling; or I will be responsible for a minimum cancellation fee of $50.

- I confirm that I have not used a medical grade topical Retinol or a topical prescription Retin A in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine such as “Accutane”, in the past 6 months.

- I confirm that I am not pregnant. If I should become pregnant, during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my Secret PRO CO_2 laser treatments until after my pregnancy.

- I understand and acknowledge all the possible risks/complications involved with the Secret PRO CO_2 laser treatments. I consent to receive treatments performed by Fresh Laser Skin Studio, and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding these treatments.

- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.

- This signed consent will be for all Secret PRO CO_2 laser skin rejuvenation treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

Please contact us via email info@freshlaser.ca or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

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