

PRE & POST OP INSTRUCTIONS FOR EXELO2 FRACTIONAL CO₂ LASER TREATMENT

The EXELO2 CO₂ laser resurfacing treatment combines thermal stimulation of the collagen, as well as producing ‘micro ablation zones’ that contribute to the resurfacing effects of the skin’s texture and tone. This perfect harmony of dermal heating and micro ablation creates textural improvement that gives the skin a smooth, even tone, while tightening and lifting the lower skin layers. Wrinkles, fine lines, acne scars, traumatic scars, stretch marks, large pores, uneven skin color, hyper-pigmentation, sagging eyelids, lower lid bags, sun damaged skin, and skin elasticity can all be improved dramatically with the EXELO2 CO₂ resurfacing treatment.

The EXELO2 CO₂ laser system is a fractional system designed to perform at optimal levels without the severity and downtime associated with full CO₂ laser ablation procedures. Because of this fractional technology; your treatment, as well as your post care, will consist of mild discomfort. What you will experience is some redness, swelling, stinging (such as with a bad sunburn), and your skin will be tender to the touch. The epidermis has been intentionally compromised during this procedure. In doing so, we are sending a message to the skin to ‘repair and heal’ your newly lasered skin. Since the ablation occurs in tiny channels across the surface areas of the skin, the amount of ablation may increase depending on the extent of the treatment your doctor recommends. Each of these tiny ‘micro channel’ areas sends heat down into the dermis, thereby stimulating collagen which repairs the skin resulting in tighter looking skin. Since these tiny micro channels are scattered throughout the areas of only the skin that is being treated, the surrounding skin will not be affected by the ablation. This method allows the areas treated to heal faster than having a full ablative CO₂ procedure. Although the micro ablation is done in a scattered pattern and leaves areas between each micro channel ‘untouched’ by the laser, the heat of the laser is penetrating completely, thus targeting 100% of the dermal skin. One can watch the actual collagen *contract* during this procedure. CO₂ is the gold standard of skin tightening, but can consist of significant downtime with potential complications, as well as looking pink for months. With the advent of the fractional systems, you can now have the improvements that were once only obtained with the traditional CO₂. Newer, more sophisticated lasers have fewer complications, less downtime being pink. Having only one treatment with the fractional Co₂ may require you to have additional treatments in order to achieve the final desired improvement you want. It is possible to adjust the laser parameters to meet the needs of each patient. In doing so, we are able to treat deep lines and wrinkles, as well as treat superficial discoloration, acne scars, and large pores. This allows for improvement with one treatment instead of multiple treatments. Again, keep in mind that the downtime associated with a more aggressive setting means a longer recovery. Each treatment is done with the individual patient in mind. Everyone is different; your down time, or pain threshold, may be different than that of another person. However, most patients agree that the downtime and discomfort level is mild and the treatment quite tolerable. Be prepared to be off 3-7 days from work or playtime.

CONTRAINDICATIONS (INADVISABLE) TO EXELO2 CO₂ LASER

- *Accutane (isotretinoin) therapy in the past 6 months
- *Recent history of laser treatments, IPL, chemical peels, etc.
- *NO direct UV for 7-10 days. Avoid sun exposure – no golfing, gardening, etc.
- *History of Keloid formation
- *History of poor wound healing
- *Pregnancy
- *Breastfeeding
- *Impaired immune system
- *Scleroderma disease / Auto-Immune Disease (AID)
- *Extensive radiation therapy
- *Any Bacterial or Viral infection in or around the area to be treated
- *Demonstrate excessive or unusually prolonged erythema, hyper-pigmentation, hypo-pigmentation upon laser patch testing
- *Skin cancers; Basal Cell, Squamous Cell or Melanoma about the areas to be treated or a history thereof < 3 months

LASER PRE-TREATMENT INSTRUCTIONS

Begin the Laser Pre-Treatment Skin Care (TNS, Lytera, Dermal Repair, Tretinoin, SunScreen) 2-4 weeks before your scheduled procedure.

- *You will be given prescriptions for an anti viral as well as an antibiotic that you will start taking prior to the day of your EXELO2 CO2 procedure. Please follow the instructions on the bottles as prescribed by your doctor. It is critical that you take these prescriptions as directed to ensure that your healing time from your laser procedure is not affected adversely by a potential cold sore (herpes) or bacterial infection. Please let Dr. Sadati know if you have ANY allergies to any medications. You will also get prescriptions for Valium and pain medication to bring on the day of your procedure.
- *Bring a BIG hat to cover your freshly lasered face from the sun when you go home after your treatment. We do NOT want your skin to be in contact with direct or indirect sunlight. Sun exposure will complicate and/or compromise the best possible results for you.
- *Wear comfortable clothing that is washable. Your clothes may get stained – please do not wear expensive clothing.
- *Purchase CETAPHIL, CERAVE, or any liquid gentle cleanser for your treated area for daily cleansing.
- *No AHA, Beta Hydroxy or Vitamin C washes during this time.
- *Choose an SPF with a physical block in its ingredients, i.e., titanium dioxide, zinc oxide with SPF of 30+
- *ADVIL or Ibuprofen can be taken as needed for inflammation/swelling/discomfort post (after) your procedure.
- *AQUAPHOR use after treatment: This may be bought at any pharmacy. Please apply Aquaphor liberally to your treated area(s) for the first 3 days following your treatment.

POST TREATMENT (NORMAL AND EXPECTED)

- *Redness
- *Swelling
- *Dryness
- *Darkening of the skin (brown spots) as well as a rough texture on or about day 2 and day 3. Itching (possibly)
- *Discomfort and/or mild pain that diminishes over the first few hours managed with prescribed pain medication or Tylenol.
- *Textural changes
- *Sensation of tightness
- *Milia (tiny white bumps on the surface of the skin) will resolve over the following 7-10 days
- *Reactivation of any Herpes virus in patients with a history of cold sores.

ADVERSE EFFECTS OF THE TREATMENT

- *Infection (although rarely seen with fractional procedures) Do not touch your face with bare hands. Use gloves.
- *Hyper-pigmentation / Hypo-pigmentation (usually NOT seen with fractional treatments, but cannot be ruled out 100%)
- *Ulceration formation – scratching, picking, touching the face with unclean hands, pets, baby diapers, etc.
- *Scar formation – IF you notice ANYTHING that seems to be out of the ordinary, CONTACT THE OFFICE to avoid problems at 949-706-7776 during normal office hours, or if it is after hours (5:30pm M-F/Sat/Sun) please call 949-200-3808.
- *Reactivation of an existing Herpes virus that could lead to scar formation

POST EXELO2 CO2 PROCEDURE CARE (MANDATORY)

- *Continue taking the antiviral and antibiotics as prescribed.
 - *AVOID UV exposure for the first 5 days at all costs.
 - *AVOID UV direct exposure for the next 10-14 days (lying outside, playing golf, working outside, etc)
 - *Apply Aquaphor Healing Emulsion liberally (leave the skin looking white) 3-4 times per day for the first 3 days.
 - *CETAPHIL liquid cleanser – Begin on day 2; once per day or evening – mix with a little warm or cool water – using your fingertips, gently apply to your skin, in a circular motion, upward, cleansing gently so not to disrupt the healing process. Rinse, pat dry and apply Aquaphor to the treated areas.
- On day 3, if you need to be outside, apply an SPF > 30+ with a physical block, i.e. titanium dioxide, zinc oxide based SPF (Elta MD Clear physical sunscreen is recommended) and wear a large hat.
- *Any problems, questions, concerns should be directed to our office and will be responded to as soon as possible.
 - ***Resume laser skin care regimen 2 ½ -3 weeks after surgery, per Dr. Sadati's instruction.**

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