



Absolute Dermatology & Skin Cancer Center
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CO2 Laser DAILY Home Care Post-treatment



STEP 1: CLEANSE

- Use Vanicream Gentle Cleanser and fingertips
- Cool-to-Lukewarm water



STEP 2: PAT DRY, COMPLETE A VINEGAR WATER SOAK*

- Combine 4 parts water and 1 part vinegar (distilled, white vinegar)
 - 1 quart water, 3 tablespoons vinegar
 - 1 gallon water, 3/4 cup vinegar
- Soak a clean wash cloth in mixture and apply to treated skin for 5-10 minutes. Use a new wash cloth every time!



STEP 3: MOISTURIZE

- Apply Aquaphor to delicate sites if treated (eyelids, neck, and chest)
- Apply a layer of Cicaplast Baume, let rest for 5 minutes, apply a layer of Vanicream cream
- If going outside, apply a zinc-based SPF 30+



THROUGHOUT THE DAY

- Use LRP Thermal Spray and other moisturizers for relief from dryness or itching every few hours.
- Take Hydroxyzine every 4-6 hours as needed for itching. Remember, this will cause drowsiness.

***Vinegar Water soak tips:**

- Cut eye holes in your washcloths so that you can lay the washcloth on your face without irritating your eyes with the vinegar solution.
- If the vinegar mixture burns, you can always add more water, adding back more vinegar as you can tolerate.

Use a new pillow case every night or a fresh towel on your pillow. Wash pillow case and wash cloths in detergent free of fragrances and dyes.

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