



Dream Aesthetic
by Dr. Ortiz

CO2 Laser Post-Care Instructions

Congratulations on taking the next step to radiant skin! Proper care after your CO2 laser treatment is key to healing beautifully and achieving the best results. Follow these simple instructions to support your skin as it heals.

Days 1–4: Healing Starts

- **Swelling is normal.** Sleep with your head slightly elevated to reduce it.
- **Skin may feel like a sunburn** for a few hours—use cool compresses for relief.
- **Gently cleanse your skin** twice a day with:
 - Mild cleansers like *Cetaphil* or *CeraVe*
 - Or mix 1 tsp of white vinegar in 8 oz of water
- **Pat dry with a soft, clean towel. Do not rub.**
- **Apply a healing ointment** (like Aquaphor) often to keep the skin moist.
- **Do not scratch or pick at the skin.** Let it heal naturally.
- **Avoid the sun**, even through windows—your skin is extra sensitive.
- **No exercise for 4 days.** Sweat can irritate healing skin.
- **Stay hydrated**—drink plenty of water.
- **Sleep on your back** using a clean pillowcase.

Days 5–10: Fresh Skin Appears

- Your skin may still look pink—this is part of the normal healing process.
- **Avoid direct sunlight** for at least 4 weeks (6 months for best results).
- Always use a **mineral sunscreen** with Zinc or Titanium Dioxide (SPF 30+).
- Wear a **wide-brim hat** and **sunglasses** when outside.
- Ask us when you can **resume makeup and workouts**.
- If you have darker skin and notice any dark spots, let us know right away.

Need Help?

We're here for you at **Dream Aesthetic by Dr. Ortiz**. If you have any questions, concerns, or want to share your progress, don't hesitate to reach out!

Dream Aesthetic by Dr. Ortiz

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