



## Sandstone Matrix Fractional CO2 Patient Pre- and Post- Treatment Guidelines

### Preparation

<b>What to Purchase</b>	<ul style="list-style-type: none"> <li>▪ Moisturizer with SPF30 (use for at least one week prior to treatment)</li> <li>▪ Petroleum jelly (or equivalent) or Aquaphor</li> <li>▪ Gentle Cleanser (such as Cetaphil)</li> <li>▪ White vinegar (new, unopened bottle)</li> </ul>
<b>Alert your Physician</b>	<ul style="list-style-type: none"> <li>▪ If you develop a cold, fever or other illness</li> <li>▪ If you use Accutane, Retin-A, exfoliants</li> </ul>

### What to Expect on the Day of Treatment

<b>Prior to Treatment</b>	<ul style="list-style-type: none"> <li>▪ Your skin will be cleansed to remove any make-up/moisturizer</li> <li>▪ A topical (cream) anesthetic will be applied, or injections will be performed, to numb the areas</li> <li>▪ The cream will be removed prior to treatment</li> </ul>
<b>During Treatment</b>	<ul style="list-style-type: none"> <li>▪ You may experience a sensation of warmth (like a mild sunburn)</li> </ul>
<b>After Treatment</b>	<ul style="list-style-type: none"> <li>▪ Your treated skin will feel warm like a sunburn for up to 3 hours</li> <li>▪ Cooling measures may be used to decrease any discomfort immediately following the procedure</li> <li>▪ A layer of petroleum jelly (or equivalent) will be applied to your treated skin prior to leaving the physician's office</li> </ul>

### What to Expect When You Get Home

<b>Skin Care</b>	<ul style="list-style-type: none"> <li>▪ Keeping a thin layer of petroleum jelly (or equivalent) on the treated area until the skin micro-crusts will not only help your skin to heal, but it will help you to leave your skin alone</li> <li>▪ DO NOT cleanse the treated area for the first 24 hours. Thereafter, a mild cleanser such as Aquanil or Cetaphil can be used 2-3 times per day</li> <li>▪ DO NOT use any anti-aging/exfoliating/harsh cleansers, medications or scrubs</li> <li>▪ It is important not to "pick" or rub your skin during the peeling and healing process</li> </ul>
<b>For Your Comfort</b>	<ul style="list-style-type: none"> <li>▪ Following cleansing, you may want to use a vinegar solution to ease any discomfort such as itching</li> <li>▪ Mix a <b>solution</b> of 1 teaspoon <b>white</b> vinegar to 2 cups cold water and gently dab on the treated area to reduce irritation. The alternative to this is to spray the area (using a clean mister/spray bottle) with the diluted white vinegar solution.</li> <li>▪ Following the vinegar treatment, the area should be rinsed with water followed by a liberal application of petroleum jelly (or equivalent)</li> </ul>
<b>What You Should Know</b>	<ul style="list-style-type: none"> <li>▪ You may have a warm sensation (sunburn-like) for up to 3 hours post-treatment</li> <li>▪ Treated skin will be fragile – treat it gently</li> <li>▪ Your skin will be red, following treatment and will eventually flake away – it is important not to pick at your skin during this process. Keep it moist with petrolatum!</li> <li>▪ As your skin flakes there may be some areas that are darker or lighter, but it should even out over time. <b>Once skin has completed flaking</b> it is important to use <b>sun block (SPF30)</b> daily.</li> <li>▪ You may have temporary swelling (sleeping on an additional pillow may help) and itching</li> <li>▪ Mild acne flare and / or milia (tiny white bumps) may occur. This should resolve on its own.</li> </ul>
<b>Call your Physician</b>	<ul style="list-style-type: none"> <li>▪ If you have any post-treatment concerns</li> <li>▪ If you experience cold sores</li> <li>▪ If you experience signs of infection (increased itching, pain, swelling, warm to touch, pus)</li> <li>▪ To find out when you can start wearing make-up/shaving</li> </ul>