

# SmartXIDE Tetra

## Pre/Post CO2 Treatment Instructions

(For Patients)

### Prior to the Treatment

**7-28 days prior to treatment (to hydrate your skin and optimize treatment results):**

- Hydrate and Protect:
  - Moisturize skin at least 2x a day (AM/PM)
  - Increase water intake to 8 glasses of water (8oz) or more per day
  - Avoid prolonged exposure to the sun
    - If exposure is unavoidable, use a zinc oxide-based sunscreen of at least SPF 30+

**3-7 days before your treatment:**

- Prepare your skin:
  - Stop any topical retinoid therapy (3-4 days prior to treatment)
  - If you have a history of fever blisters, ask your provider about starting an antiviral prophylaxis 3-7 days before the treatment

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### Day of the Treatment

#### **Day of treatment:**

- Prep for the treatment:
  - You may be asked to thoroughly cleanse the skin in the area to be treated. Remove all hairspray, makeup, gels, ointments, lotions, self-tanning products, & perfumes
  - Do not use an alcohol-based cleanser as it may remove moisture from the treatment area
- Once the skin is clean, pre-treatment photos will be taken
- Topical numbing will likely be applied and removed prior to the treatment

#### **During the treatment:**

- Protective eyewear will be used during the treatment
- A smoke evacuator (sounds like a vacuum) will likely be running to remove smoke/debris from the air

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### After the Treatment

- Immediately after treatment you may have cool compresses or a zimmer air chiller available to help remove any excess heat – it may be used for longer times with more aggressive treatments
- Apply a topical ointment (like Vaseline or Petrolatum ointment) to the treated area(s) once the perception of heat has been reduced
- Many patients see redness for 3-5 days or more after the treatments
  - Redness is expected to last longer with stronger treatments
- To help lessen the potential for swelling, consider sleeping with the treatment area elevated
- Swelling and a mild to moderate sunburn sensation are common after the treatments and may last 1-3 days
- It's possible that after the second day, the skin may appear as an exaggerated tan
  - Skin may flake during the healing process
    - Face and Neck – 5-7 days
    - Chest 7-10 days
    - Hands 10-14 + days
  - Your provider may recommend distilled white vinegar soaks to be applied multiple times a day
    - For 1 Cup: 1 Tbsp distilled white vinegar to 1 cup water
    - For 1 Quart: 3 Tbsp of distilled white vinegar + 1 Quart water
    - For 1 Gallon: ¾ Cup of distilled white vinegar + 1 Gallon water
  - Store in the refrigerator between uses to aid in the cooling effect
  - Moisten gauze with the solution and apply to the affected area
- Minimize the exposure to pets, especially cats
  - Do not allow any pet to lick the treatment area
- Limit alcohol consumption after the treatment to help minimize the risk for additional complications like bruising

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### Days 2-7 After

- AM
  - Wash the treatment area with a mild soap or gentle cleanser (Cetaphil) and gently blot dry
    - If a post treatment product was purchased, it may be applied at this time
    - Wait ~ ten minutes to apply a zinc oxide-based sunblock
      - Allow the sunblock to rest, undisturbed for 5 minutes
    - Apply Vaseline or Petrolatum ointment to the treated areas
      - The layer should be ~ the thickness of a dime or thinner
  - Reapply every 3-4 hours and as needed to maintain a moist environment
  - Your provider will inform you when you may resume the use of your usual skin care regime
  - Avoid scrubbing or trauma to the treated area
  - Avoid sun exposure to reduce the chance of hyperpigmentation
  - Continue using a zinc oxide-based sun block with an SPF 30+
- PM
  - Gently wash the treatment area using the mild cleanser mild soap or gentle cleanser (Cetaphil) and gently blot dry
    - If a post treatment product was purchased, you may apply it at this time
    - Wait for ten minutes to apply Vaseline or Petrolatum ointment to the treated areas
      - The layer should be the thickness of a dime (or a little less)
- Avoid exercise or any excessive heat for 2 weeks post treatment
- Change your pillowcase daily and as needed for the first 7 days post treatment
- Excessive sun must be avoided for 2 months post treatment

**\*Call your healthcare provider's office with any questions or concerns.**