



Gary Mendese, MD, FAAD
Stephen Moyer, DO, FAAD
Richard Horan, MD FAAD
Niki Bryn, NP
Melissa Cyr, PhD, NP

Jane Tallent, NP
Tricia Aiston, NP
Michelle Roy, PA-C
Alaina Iannazzi, PA-C

CO²RE Treatment

Pre Procedure Instructions

- Hydrate – we recommend that for seven days pre-treatment you moisturize your skin in the morning and evening and drink at least 8 glasses of water per day to completely hydrate your skin to optimize treatment results.
- You may be provided antiviral prophylaxis 3-4 days prior to the procedure if you are undergoing a deeper treatment or if you have a history of Herpes Simplex to avoid outbreak.
- Topical retinoid therapy should be discontinued 3-4 days prior to treatment.
- Avoid any prolonged exposure to the sun. If you must be in the sun, use a zinc oxide sunscreen of at least SPF 30+.

Post Procedure Instructions

- Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) for 1-3 days; however, with more aggressive treatments this may last longer.
 - Areas most likely to swell are around the eyes and neck and may last 1-3 days. After the second day, skin will appear as an exaggerated tan.
 - Skin will begin to flake at 5-7 days.
- Before discharge a topical ointment (Aquaphor) may be applied to the face. No bandages or wraps are necessary.
- Your provider will inform you when you may resume the use of your usual skin care products.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- The use of a zinc oxide sun block SPF 30+ **at all times** throughout the course of treatment is recommended.