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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.