Helix Laser *Aftercare*

Your healing plan, including your vinegar soaks

Helix resurfacing removes or heats tiny columns of skin so fresh, smoother skin can grow in. CoolPeel is the lightest option, while Helix Fusion and Deep CO2 go deeper and need more healing time.

What to *expect*

	CoolPeel	Helix Fusion	Deep CO2
Heat and warmth	Like a sunburn, about 2 to 4 hours	Several hours to 1 day	1 to 2 days
Redness	1 to 2 days	2 to 5 days	5 to 10 days, then pink that fades over weeks
Swelling	Mild, 1 to 2 days	Moderate, 2 to 4 days	Moderate to strong, 3 to 5 days
Texture	Dry, sandpaper feel for 4 to 7 days	Tiny dark dots and bronzing, peeling days 3 to 7	Oozing and pinpoint spots days 1 to 2, then crusting and peeling
Typical healing	About 4 to 7 days. Can be repeated monthly.	About 5 to 7 days	About 7 to 10 days. Results build for months.

Vinegar soaks are one of the most important parts of your healing. They soothe heat better than plain water, calm itching, gently clean the skin and help prevent infection. Please do not skip them.

Your vinegar *soaks*

- **Recipe.** 1 tablespoon white distilled vinegar in 1 cup (8 oz) cool distilled water. Mix a fresh batch daily in a clean covered container and keep it in the refrigerator. Never put vinegar straight on your skin. If it stings, add more water.
- **When to start.** The same day, as soon as you get home, whenever your skin feels hot. Use the vinegar mix instead of plain cold water to help with the heat.
- **How often.** CoolPeel: 2 to 3 times a day for the first few days, until skin no longer feels hot, itchy or rough. Helix Fusion and Deep CO2: 4 times a day, every day, until skin is no longer raw or crusted, usually 3 to 5 days or longer.

How to *soak*

1. Wash your hands. Cleanse gently with cool water and a gentle cleanser, using fingertips only.
2. Soak clean gauze or a soft cloth in the vinegar mix and squeeze it out so it is damp, not dripping.
3. Lay it gently over the treated area for 5 to 10 minutes. Avoid your eyes. Do not rub.
4. Remove and gently pat dry with a clean, soft towel.
5. Apply your moisturizer right away, or Aquaphor after 48 hours, so your skin never dries out.

Your daily *routine*

	What to do
Every day	Gentle cleanse, vinegar soaks, moisturize and SPF. Keep it simple until you have healed.
First 48 hours	Use only a light, cream-based moisturizer without alcohol. No Aquaphor yet, no makeup and no other skincare. If a product burns, rinse it off with cool water and apply nothing else.
After 48 hours	Keep cleansing, soaking and moisturizing. You may now add a thin layer of Aquaphor after each soak to keep skin moist until peeling and crusting are done.

Daily care until *healed*

- Sleep with your head raised on an extra pillow and a clean pillowcase. A cool mist spray can add comfort between soaks.
- **Keep the area clean.** Avoid dirt, pets on your pillow and touching your face.
- Do not pick, scratch or peel flaking skin or crusts. Do not use scrubs or exfoliants to remove the texture. Let it shed on its own.
- Stay out of the sun while you heal. Wear mineral SPF (zinc oxide or titanium dioxide) and a hat when you go outdoors.
- If you were prescribed an antiviral or other medication, take it exactly as directed.

What to *avoid*

Avoid	CoolPeel	Helix Fusion	Deep CO2
Makeup (mineral only, clean brushes)	24 to 48 hours	Until peeling settles, 3 to 5 days	Until skin is no longer raw, 5 to 7 days
Sweaty exercise, saunas, hot showers, steam	24 hours	3 to 5 days	5 to 7 days
Pools, hot tubs, lakes and the ocean	48 hours	Until healed	Until healed
Retinol, tretinoin, acids, vitamin C, scrubs	Until smooth, about 4 to 7 days	1 to 2 weeks	2 to 4 weeks, or until cleared
Waxing and other facial treatments	1 to 2 weeks	2 weeks	Until cleared at follow-up

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Pain that gets worse after the first 2 to 3 days instead of better
- Yellow, green or cloudy drainage, honey-colored crusts or a bad smell
- Fever, chills, or redness and heat spreading beyond the treated area
- New small blisters or a cold sore, or raw areas not improving after 7 to 10 days
- White, shiny or very firm patches, eye pain or any change in vision

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.