

SmartXide Tetra CO2 Laser Treatment

SmartXide Tetra CO2 laser resurfacing improves fine lines, wrinkles, sun damage, acne scars, and uneven skin texture by creating controlled micro-injuries that stimulate new collagen production. It may take up to 3 months to see the final results. The treated area should be cared for delicately until healing is complete. Protect the area from sun exposure and avoid any additional trauma for the first week after treatment.

Post Treatment Care

- Warmth or a sunburn-like sensation is normal for several hours after treatment.
- Avoid touching or cleaning the treated area for the rest of the day after the procedure.
- Wash gently beginning the next day using cleansers such as CLn hypochlorous spray or wash Cetaphil, Cerave, or Dove.
- Do not scrub. Make sure to gently pat dry.
- Keep the area consistently hydrated. Do not allow the skin to dry out. You may use Aquaphor, Vaseline, LaRoche Posay Cicaplast Balm, or the Epionce Recovery Kit as directed.
- Swelling will occur and typically peaks at 2–3 days. OK to take Benadryl at night.
- Redness can persist for days to weeks depending on depth and density of the treatment.
- Crusting or rough texture is expected. Crusts will naturally flake off over 5–14 days. Do not pick or exfoliate the flakes.
- Use a clean pillowcase and keep your head slightly elevated while sleeping.
- Avoid sun exposure, sweating, and intense workouts for at least 3-5 days.
- Once healing progresses and your provider approves, mineral makeup may be applied after 3–5 days.
- Use daily sun protection with zinc oxide and/or titanium dioxide (SPF 30 or higher). You may begin applying sunscreen after the first 24-48 hours.

Cold Sores

If you feel you may be developing a cold sore, please contact our office.

Exercise

Avoid exercise, sweating, and intense workouts for at least 3-5 days to reduce irritation and risk of infection.

Pain Management

Extra Strength Tylenol may be used as directed if there are no contraindications.



CLEAR SKIN

DERMATOLOGY

Vinegar Soaks

- Vinegar soaks can be used if the skin is raw, draining, or irritated throughout the healing process.
- Boil **4 cups of sterile water and mix with ½ cup of white vinegar**. Let cool until warm and store your recipe in the fridge.
- Soak a clean gauze or washcloth in the mixture.
- Apply to the irritated area **2-3 times daily for 5–10 minutes**. You may re-warm the mixture prior to use for a more soothing effect.
- Pat dry, then apply moisturizer.

Lactic Acid Milk Compresses

- Use on days 3 and 4 only.
- Place ice cubes in a small basin with whole milk.
- Soak a soft washcloth in the mixture and apply for 5–10 minutes.
- Repeat 2–3 times daily

Makeup Application After Treatment

Please avoid makeup directly after treatment due to risk of infection. Most patients may begin mineral makeup after 3–5 days of healing. If you must wear makeup, please keep the skin makeup-free for at least 24 hours, as it helps maintain clear pores and proper healing.

When to Call:

- Severe drainage, pus, or fever
- Blisters outside the expected laser response
- Increasing pain or swelling
- If you are developing a cold sore