



CO2 Laser Aftercare

You've got that CO2 glow. Let's protect it with Lov. 



DO:

-  Clean with 1 tsp vinegar diluted in 16oz cool water — Days 1-6
- Use a gentle cleanser starting Day 7 
- Pat dry with clean towel — do not rub
- Apply Aquaphor to keep area moisturized as needed
- Use clean pillowcases and avoid touching your face 

AVOID for 7 Days:

- Heat  and all sun exposure
- Scratching, picking, or exfoliating 
- Hot tubs , saunas , pools , tanning, workouts 
- Makeup , toners, or active skincare (retinol, vitamin C/E/A)
- Any non-provider-approved products

SPF Instructions:

- Begin SPF 30+ once skin fully healed (usually 7+ days) 
- Use mineral-based sunscreen ONLY (zinc oxide or titanium dioxide)
- Reapply every 2 hours when outdoors 
- Wear a hat for additional protection outdoors 

What to Expect:

- Redness, swelling, scabbing & light peeling 
- Results improve gradually over 3-6 months 
- Tone, texture, firmness & clarity all continue to improve 
- Follow-up treatments may enhance results further

Day-by-Day Timeline:

-  Days 1-6: Use vinegar + water solution to clean gently
-  Day 7+: Switch to gentle cleanser
-  Week 1-2: Redness, swelling & peeling gradually subside
-  Month 1-3: Skin tone & texture visibly improves
-  Month 3-6: Full collagen remodeling results visible

Maximize Your Results:

-  Stay well hydrated — drink 8+ glasses of water daily
-  SPF every single day once healed — non-negotiable!
-  Avoid picking or peeling — let skin shed naturally
-  Follow up with your provider as scheduled

Call Us If You Notice:

- Signs of infection, excessive swelling, or yellow discharge



Why CO2 laser is worth it: CO2 laser resurfacing removes the outermost layers of damaged skin while simultaneously stimulating deep collagen production. The recovery is real — but so are the results. Clients typically see decades of improvement in skin texture, tone, and firmness over the following 3-6 months.

 (347) 514-9311

Questions? We're always here for you 

LovMedSpa
Defining Timeless Beauty