



IRA PAPEL, MD  
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AESTHETIC CENTER AT WOODHOLME

**AFTER CARE –  
 FRACTIONATED/ MATRIX / CO2 LASER**

**DAY OF PROCEDURE (Day 1)**

- Keep laser wound area **moist**. Keep covered with EltaMD Laser Balm.
- Spray Avene Thermal Spring Water as many times as you need to keep wound cool.
- Wound may “weep”. Blot “weep” off with dry gauze & apply Elta Laser Balm.

**DAY AFTER LASER (Day 2)**

- Prior to appointment, you may remove Elta Laser Balm and apply a fresh coat or wait until you are seen by the Medical Aesthetician.
- To remove Laser Balm: Soak gauze in the vinegar and water mixture.
- Apply wet gauze to wound blot off or “lightly” wipe off the Laser Balm.  
 MIX: 1 TEASPOON OR LESS OF WHITE DISTILLED VINEGAR MIXED INTO 2 CUPS OF DISTILLED WATER.
- Spray face with Avene Thermal Water Spray. Press Water into skin. Blot off the excess/dripping water.
- Apply a fresh coat of Laser Balm over the moistened wound.
- When you return home, repeat cleansing 4 times a day AND apply Neova CU3 Tissue Repair Cream to keep wound clean, moist and protected.
- YOU MAY MIST WITH AVENE THERMAL SPRING WATER AS MANY TIMES AS NEEDED.
- NOTE: Day hours use the Neova CU3. Night hours, use the Laser Balm. Laser Balm does not need to be re-applied through the night.
- At appointments with Medical Aesthetician, you will receive the supplies as needed.

**WEEK OF LASER (Starting Day 3 until day 7)**

- Cleanse face with Hymed Gentle Cleanser. Rinse off cleanser with tap water.
- Soak gauze into the vinegar and water mixture. Blot and lightly wipe off some of the sloughing skin. Repeat this action several times. Pat dry with gauze.
- Spray on Avene Thermal Water and press water into skin to moisten wound.
- Apply a light coat of CU3 Tissue Repair to seal & heal the moistened wound.
- Use Cleanser 2 times a day...REPEAT Avene Thermal Spring Water & CU3 as many times as needed throughout the day.

**SUPPLIES:** For Full Face Matrix: Nurse provides Elta Laser Balm and Avene Thermal Spring Water. Aesthetician provides: Hymed Gentle Skin Cleanser, Neova CU3 Tissue Repair Cream Elta SPF 41

**YOU PURCHASE:** Distilled **White** Vinegar and Distilled Water.

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 Nurse

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 Physician

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 Patient or Responsible Party

**If you have any questions or concerns, please call the office:**

\*Elizabeth Frey, RN, Office: 410-486-3400

Medical Aestheticians \*Jeannine Stevens, LE or \*Susan Johnson, LE, Office 410-486-7371