



AdvaFx CO₂ Laser Post-Care Instructions:

Immediately After Treatment:

- Apply a cooling spray or mask (e.g., cooling mask and hypochlorous acid spray (Hydrinity) as needed through day.
- Use cold DRY cleansing mat compress as needed until skin cools down: anywhere from 2-4 hours.
- Once skin has cooled, refer to the Noon Post-Procedure Program Kit.
- Swelling may occur and will resolve within 2-3 days.
- Sleep with extra pillows to keep your head elevated to help with swelling.
- There can be expected symptoms such as: redness, swelling, oozing, crusting, and a "sunburn" sensation.
- Avoid direct sunlight for the first 2 weeks as prolonged sun exposure after treatment may cause irregular pigmentation to the skin, PIH.
- Use a mineral based sunblock such as the one included with the post kit, TiZo, or EltaMD Post Tx.
- Tylenol may be taken for pain, Benadryl may be taken for itching.
- Makeup may be used after healing has occurred. Generally after 3 days for a light treatment, 5-7 days for moderate and 7+ days for more aggressive treatments.

General Post-Treatment Care (Days 1–7+):

- Cleansing AM & PM: Perform vinegar soak first thing in the morning before washing face if directed. Gently cleanse skin with given facial cleanser. If a more aggressive treatment has been done you may use diluted vinegar water soaks 3-4x daily to gently remove oozing/crusting (Days 1-3). See below for instructions.
- Moisturize & Hydration: Apply designated products frequently to keep skin moist and prevent scabbing. Increase your water intake.
- Avoid: Picking, peeling, scrubbing, hot showers, saunas, and strenuous workouts.

- Pain Control: Use cool compresses, acetaminophen as needed (avoid NSAIDs if instructed).
- Antivirals: Continue as prescribed for 5–7 days post-treatment (if initiated). Please advise the provider if you have history of cold sores.

Days 1-13 - Use Post-Treatment Skin Care -Follow Directions Enclosed in Noon Post-Procedure Program.

Days 14+ (Re-epithelialization Phase)

- Gradually transition to gentle moisturizers and regular skincare products (e.g., Igloo Moist, Vanicream,). Save Retinols, Acids and exfoliants for last. At least 2 weeks.
- Now is an excellent time to get on a daily skincare routine to help keep the improvements from the laser treatment.
- Avoid direct sun exposure for at least 4–6 weeks.

Long-Term Care (2–6 Weeks Post)

- Resume retinoids or active topicals only after skin is fully healed and with provider guidance.
- Maintenance treatments (if needed) can be spaced every 4–8 weeks depending on clinical indication. AdvaFx, AdvTx, Chemical Peels or Microneedling can be used for this depending on skincare goals.

**If you have any questions or concerns, please give our office a call at 407-429-4250.

Thank you.**

How to do Vinegar Soaks:

Dip a clean, soft cloth into vinegar solution (1 teaspoon of white vinegar to 2 cups of water) and place the wet cloth against your skin, gently placing the cloth on skin to ensure the vinegar solution wets the skin. Let sit on skin for 10 to 15 minutes. Do not let the cloth dry out on the skin. DO NOT Rub to try and get skin to come off!!!