

SmartXide DOT Fractional CO₂ Treatment

Pre & Post Care Treatment Guidelines

(Sample Only)

Pre-Treatment

- There are no specific contraindications for the use of the SmartXide DOT, apart from general contraindications as in standard surgery such as a clinical condition that would inhibit wound healing or appearance of skin cancer in the area being treated.
- Review the patient's history for evaluation of incompatible medications such as anticoagulants or the use of Accutane with the last 12 months.
- Patients with a history of Herpes Simplex may be prescribed prophylactic drugs prior to treatment.
- Sun and UV lamp exposure should be avoided for one month prior to treatment. Daily use of sun block SPF 30+ is recommended before and after treatment.
- Topical anesthesia is usually applied one hour prior to treatment.
- Facial nerve blocks, oral analgesics and anti-anxiety medications may be considered for certain patients.
- Forced air-cooling devices may also be used to reduce discomfort during and after treatment.
- Remove all topical analgesic agents, make-up, or jewelry from the treatment area. Cleanse and completely dry treatment area prior to treatment.
- Moist towels should be used around the face to avoid inadvertently treating the hairline. Treating the hairline may singe hair, but not cause hair loss
- The patient must wear protective eye shields, metal goggles or occlusive shields that have been tested for a 10,600 nm wavelength laser.
- Intraocular metal eye shields must be worn when treating within the orbital rim. Caution should be taken to avoid any topical anesthetic or other agents from entering the eye.
- Intraocular shields should always be sterilized prior to use. Other agents to be considered:
 - Lubricating eye drops
 - Anesthetic ophthalmic drops
 - Antibiotic ophthalmic ointment

Post-Treatment Protocol

- Patients should apply an occlusive ointment or intense moisturizer to prevent direct contact between the treated tissue and the air during the healing process. The use of an occlusive ointment improves patient comfort, and reduces the sensation of pain and burning by preventing air from contacting the treated region. After healing is completed an intense moisturizer may be used.
- Patient may apply cool compresses immediately after treatment. Some patients report a “hot” feeling, which lasts a few hours to a few days.
- Patient can gently wash area with tepid water and a gentle skin cleanser 3 times a day starting the morning after your treatment. Then immediately re-apply occlusive ointment or moisturizer for at least 4 days.
- Vinegar soaks may be applied to reduce burning sensation and reduce possibility of infection.
 - Mix 1 tablespoon white vinegar with 1 pint of warm water; Wet a soft cloth or gauze, soak treatment site for 15 minutes with dilute vinegar solution.
- Patient may shower, but avoid hot water/steam on treated area.
- Patients should not “pick at” or aggressively scrub the exfoliating skin – and should allow it to gently exfoliate during the washing process.
- Sleeping with head elevated on pillows (head above heart) the first few nights post treatment can help minimize swelling.
- Avoid direct sun exposure. Apply sun block SPF 30+, when skin has healed. Sunscreen with titanium oxide, zinc oxide provides broader protection.
- Wear a protective hat or visor the first 2 weeks while outdoors.
- Avoid dirty, dusty environments, painting, hairsprays, perfumes while skin is healing
- Avoid mechanical exfoliation for 4 weeks.
- May use mineral make-up day 1 or 2 for lighter density or after skin is healed for higher density treatments.