

## Soak Instructions Post CO2 and/or Erbium Laser

### What you will need:

- Vinegar/water solution: 1 teaspoon of WHITE vinegar added to 8 oz of CHILLED distilled water.
- Gauze pads: 4" x 4" or 3" x 3", non-woven preferred (will be given to you on your procedure date).

### Steps:

- Saturate gauze pads in chilled vinegar/water solution. It is wise to unfold each gauze pad ONCE to cover more surface area (4" x 4" becomes 4" x 8" pad and 3" x 3" becomes 3" x 6" pad). Place each gauze pad individually on the treatment area for 15 to 20 minutes, as specified by your Physician or as discussed with your Pre-op Nurse.
- Gauze pads should be dripping WET throughout entire soak. Be **CAUTIOUS** when removing gauze pads and ensure they are WET, not dry, to avoid sticking to the skin surface. To re-wet gauze pads, you use a clean gauze pad drenched in your vinegar/water solution and drip on top of the gauze that is already in place over the treatment area.
- Remove gauze pads carefully, allow the skin to air-dry, then apply the ointment selected by your Physician (Vanicream Ointment, Recovery Balm, Crisco Shortening, Aquaphor Ointment or Vaseline). These function as PROTECTIVE BARRIERS for the skin during healing.
- The vinegar/water soaks are simply applied OVER the treated skin surface. **DO NOT RUB OR WIPE** the skin with the gauze pads. After each soak, you may find that a thin layer of ointment is still on the skin surface. This is fine and not necessary to remove.
- Always do the soaks when you are reclining at about a 45-degree angle (on 2 or 3 pillows).
- Sleep in the same position to help reduce swelling.
- You may also use LASERCYN spray after soaks to reduce the risk for post-op skin infection.

### What to expect:

- Swelling, redness, oozing and crusting is NORMAL while healing after these laser procedures.
- **REMEMBER: DO NOT RUB, PICK, WIPE OR SCRATCH THE SKIN SURFACE.**

**Please contact our office if you have any questions or concerns at (858)657-1002.**

Additional notes/instructions:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date: \_\_\_\_\_