



**ABSOLUTE**  
COSMETIC MEDICINE

## POST CO<sub>2</sub> DOT THERAPY AFTERCARE

DOT therapy is a powerful facial rejuvenation treatment and good results depend heavily on careful attention to aftercare. The following protocol is recommended:

1. Immediately after your treatment there may be some spot bleeding. This is common with more aggressive treatments (eg. for acne scars) and is normal. Bleeding will usually stop within 12 hours of the treatment. During the first 24hrs, any blood can be dabbed away gently using sterile gauze.
2. Your face will feel hot after the treatment. This may last for 1-3 days. Regular application of ice packs will help ease discomfort and reduce inflammation (every 20 minutes or less as required).
3. Healing occurs best in a moist environment. Dermeze cream (not ointment) will be applied before you head home following your treatment, and should be re-applied 3-4 x daily until healing is complete (usually 5-7 days, sometimes longer with more aggressive treatments).
4. Before applying dermeze cream, the treated areas should be cleaned gently with sterile saline and gauze.
5. Dermalid (1% hydrocortisone cream) can be applied 1-2 x daily for 2-3 days to help reduce pain and inflammation.
6. Do not have a shower for 24hrs after your treatment. After 24hrs it is recommended that you simply let tepid (not hot) water run over your face until any scabbing or crusting has come away. Do not use soap. Avoid rubbing the skin too vigorously and do not exfoliate. Pat the treated area dry after a shower, and apply dermeze immediately.
7. Application of cool packs in the first 1-2 days will reduce discomfort and help reduce swelling.
8. Pain relief is sometimes required - your doctor will provide you with a script on departure.
9. Continue any anti-viral medication as per instructions until finished.

**Should you have any concerns, please call or text Dr Syed directly on 0402 291 967, or by e-mail on [david.syed@iinet.net.au](mailto:david.syed@iinet.net.au)**