

Tina Long's progress-
CO2 Laser Procedure
Parker laser and Anti-Aging Clinic, LLC

DAY ONE: I WAS LASERED FRIDAY 4 P.M. Doctors recommend 2 Tylenol (works on the brain) and 2 Advil (works on your tissue), one hour prior to your treatment. 30 minutes prior to your appointment, we will use numbing cream. If possible, clean your face of everything prior to your appointment. Appointment has minimal pain-as ice is used during treatment. I did have minor swelling and pinpoint bleeding-after the appointment that lasted until Monday. Being elevated during sleep is sooooo important to keep the swelling off your face! I used Aquaphor immediately post treatment and tonight for moisture. I hadn't taken any pain reliever. I didn't sleep well. At 2:30, when I took 2 Advil, **ALL MY PAIN WENT AWAY AND NEVER RETURNED!** (It is Sunday night when I write this!)

DAY TWO: I looked like hell but didn't hurt, at all! It is painful for people to look at you! . Sleep is hard for me because I am a belly or side sleeper. I did NOT sleep well elevated the second night. For only 3 hours, from 6-9 am I slept on my side and the swelling came,. Today I used a product from Glo for moisture today. It was ok. Your face just feels irritated. It DOES NOT HURT!

DAY THREE: Still looks painful; but, is NOT! I tried A&D ointment today. **CAREFUL NOT TO GET THIS IN YOUR EYES!** A&D aggravates your eyes! I found the A&D to make my facial irritation worse. I removed it after 8 hours. My face was MUCH less irritated. I reapplied Glo. My face was really dry; so, I added Cetafil Cream. During my shower, I wash my face with CLEANSER. This is a must-the ointment will not be removed unless you use cleanser! **DO NOT USE SOAP!** Toooooooooooooooooooooo drying! I washed my face 3 times during my shower. During the last wash, my face began sloughing. I was careful to only slough what was easy to remove. Trying to get more to slough may cause prolonged redness or scarring! I used Aquaphor on half my face and Cetafil Cream on the other half. I have added Cetafil Cream to the whole face. One hour later, I added Aquaphor to my whole face. My face feels less irritated, at this moment...

Day four through seven-still needs A LOT of moisturizer. Still using Aquaphor, at times. Can see the actual squares in some areas. Is deeper red in other areas.

DAY EIGHT-Still have a lot of redness, in areas. More streaky looking now.. Face is still very dry and uncomfortable without moisturizer.

Week 4-no noticeable redness; until, I wash my face. Washing your face causes increased circulation. This increased blood to your face will show redness from the laser-that only shows up during face washing. Yesterday-when I washed my face, I had a perfect square (from the laser) show up-it only lasts a few minutes until the increases circulation has dissipated.

CO2 Laser Face (#2), neck and Declote' (chest)

Jan 6, 2010 Loved the results of the laser on my face except still had larger pore size near my nose area, (than I wanted). Second treatment to the area near my nose (about 2 x 3 inch area beside the nose, to reduce large pore size). Had a small area on the R side of my forehead and near my L eye relasered to see if I can see the effects of more wrinkle removal, without injections!?! We'll see! First treatment on neck and Declote'. Took Advil prior to treatment. Numbing cream and iced. It was very uncomfortable to have the procedure. Knowing each 'zap' from the laser was about 4 seconds each helped. Aquaphor applied post treatment. No pain after treatment. I took Advil again before bed. The only uncomfortable part was trying to sleep elevated with the Aquaphor! (I can't stand stuff on my face.) Keeping my neck and Declote' moist with the Aquaphor is a challenge because of clothing/sheets. (Cloth absorbs the Aquaphor!)

Day 2: Heading for the airport this a.m. Took more Advil and lubed up with Aquaphor. I wore a turtleneck to cover the lasered area. It is very easy. No pain and with MINOR uncomfortableness. Areas already very dark! (Even my face-not nearly as dark as the first time, though.) I wore an undershirt as my bra, to keep the rubbing to a minimum. A white T-shirt is great to sleep in. (I encourage some sort of sleep garment to keep the Aquaphor from getting all over your sheets.)

Day 3: Keeping Advil in me at the first tinge of slight pain. It is very hard to sleep, for me, with the 'goo' on me. IT IS A NECESSARY EVIL! It MUST be worn, at all times. Still wearing turtlenecks to 'cover' the lasered area, when going out in public. The area where the cloth is sewn on to make the turtleneck had rubbed off the skin, before it is ready. We'll see what happens.

Day 4: Hard to keep Aquaphor on the neck and chest while sleeping. Area is VERY dry when u wake up. Showering before you try to reapply the Aquaphor helps a lot. This moistens the skin; so, the Aquaphor reabsorbs into the skin easier. I am still taking Advil, at any tinge of pain. Face sloughed off, during the day. When I showered, all the slight darkness on my face self exfoliated. Neck and Declote' is still the same. (Dark, lasered 'squares' very apparent and raw (where my turtleneck rubbed off skin prematurely). Neck and chest VERY dry and MUST reapply Aquaphor in order to lift your head (or the skin pulling is very uncomfortable, and NOT good for healing!). A little uncomfortable-2 Advil taken before bed. (uncomfortable to me is on a 1-10 scale, 10 being MOST painful-it's a .5. Not a '5'. A .5-so, hardly any uncomfortableness.

Day 5: ALL sloughing is off the face. Smooth as a baby's bottom, except forehead area. Still rough, although any 'brown' is gone. Face has redness. The more you 'touch' your face-the increased circulation will make the redness appear more. REMEMBER, it is GREAT to see continued redness. This means the collagen and elastin from the inside is working to continue to reduce wrinkles for a long time! A little itchy this a.m on the neck. Itching a lot of times indicates healing. More Aquaphor applied. Going to church;

so, I am adorning a turtleneck again. No pain, just a little uncomfortable. I am taking 2 Advil just in case.

2 weeks post laser and my neck and chest! Neck is all finished-peeling, redness, etc. Chest is almost finished healing; but, too. looks great!

One month post CO2 on my face-still a little red when I wash my face. I can still see 'squares'. during washing.

2 months post-Great Results! No lasting redness and my skin is awesome!