



SMARTXIDE TETRA™ CO₂ LASER SKIN RESURFACING INFORMED CONSENT, PRE- TREATMENT & POST-TREATMENT INSTRUCTIONS

Provider: _____
Patient Name: _____
DOB: _____ Date: _____

Treatment Area(s): _____

Please read this document carefully and initial each section. Ask any questions before you sign.

1. PROCEDURAL DESCRIPTION – WHAT SMARTXIDE TETRA CO₂ IS & HOW IT WORKS

SmartXide Tetra CO₂ is an advanced fractional carbon dioxide resurfacing laser designed to dramatically improve skin texture, wrinkles, sun damage, laxity, scarring, and overall skin quality through controlled skin vaporization and collagen remodeling.

Fractional CO₂ resurfacing is widely considered the **gold standard** for advanced skin rejuvenation because of its ability to produce **significant visible improvement** in both the **superficial** and **deeper layers** of the skin.

The **SmartXide Tetra CO₂** laser works by delivering highly controlled **micro-columns of thermal energy** into the skin. These microscopic treatment zones create a combination of:

- **Ablation** — controlled vaporization/removal of damaged outer skin tissue
- **Coagulation & Thermal Stimulation** — heating beneath the surface to stimulate collagen and elastin remodeling

As the skin heals, new collagen forms, and fresh, healthier skin replaces older damaged tissue. This process can visibly improve the appearance of:

- Fine lines and deeper wrinkles
- Sun damage, rough texture, and crepey skin
- Acne scars and textural irregularities
- Enlarged pores

- Skin laxity and sagging
- Pigmentation irregularities (sun spots, melasma)
- Overall tone, smoothness, and skin quality

One of the unique advantages of SmartXide Tetra CO₂ is its ability to be **customized across a wide range of treatment** intensities. Whether you seek a **light resurfacing treatment** with minimal downtime or a **more aggressive corrective resurfacing** for deep wrinkles, advanced sun damage, or severe texture concerns, the SmartXide Tetra CO₂ laser can be tailored to meet your specific needs.

Your provider will adjust the treatment depth, intensity, and aggressiveness based on:

- Your **skin type and tone**
- Overall **skin health** and **pre-treatment preparation**
- History of procedures or pigment concerns (e.g., melasma, PIH)
- Desired downtime and goals
- Your **individual healing ability** and skin's response to treatment

This flexibility allows Honey Skincare Studio to offer highly **personalized resurfacing plans**, whether you're looking for subtle refinement or transformative correction.

Honest expectations: Fractional CO₂ resurfacing can deliver dramatic results, but it also requires a more intensive healing process than lighter resurfacing treatments. The depth and aggressiveness of treatment directly influence downtime, redness, swelling, peeling, and recovery time. Your commitment to proper pre-conditioning and post-care plays a significant role in your final outcome. Protective eyewear is required for everyone in the room during treatment.

2. TREATMENT GOALS & INDICATIONS

SmartXide Tetra CO₂ resurfacing can significantly improve the appearance of:

- **Deep wrinkles and fine lines** — smoothing even the most stubborn lines around the eyes, mouth, and neck
- **Sun damage, pigmentation, and photodamage** — including age spots, sun spots, and irregular pigmentation
- **Acne scars and textural irregularities** — visibly improves skin texture and scars from past acne
- **Crepey skin and skin laxity** — firms, tightens, and restores a youthful contour to sagging or loose skin
- **Enlarged pores** — visibly minimizes pores for a smoother, more even surface
- **Uneven skin tone and discoloration** — addresses hyperpigmentation, melasma, or post-inflammatory pigmentation (PIH)
- **Rough texture and dullness** — restores radiance and smoothness to sun-damaged, aging, or lackluster skin
- **Collagen loss and structural weakness** — strengthens the skin's integrity, improving elasticity and firmness
- **Pre-cancerous lesions (actinic keratosis)** — helps treat early sun-damaged lesions that could potentially develop into skin cancer

SmartXide Tetra CO₂ resurfacing is ideal for clients seeking advanced skin rejuvenation. It addresses both superficial imperfections like fine lines and pigmentation, as well as deeper concerns such as skin laxity, severe wrinkles, and significant textural changes. Whether you're looking to restore a youthful appearance or correct deeper damage, SmartXide Tetra CO₂ delivers meaningful and often dramatic improvement through a single resurfacing treatment and recovery process.

One of the unique features of SmartXide Tetra CO₂ is its customizable treatment intensity. Whether you are looking for a more gentle, superficial resurfacing or aggressive, deep resurfacing to correct severe skin concerns, your provider can adjust the settings to suit your skin's needs and your desired outcome. This flexibility allows us to create a tailored treatment plan based on your goals, skin type, and healing ability.

Why Choose CO₂ Resurfacing?

SmartXide Tetra CO₂ offers the ultimate flexibility for a wide range of clients. Whether you're looking for a subtle glow or dramatic skin renewal, this fractional CO₂ system gives your provider the precision and control needed to achieve the best possible outcome for your skin.

SmartXide Tetra CO₂ is especially effective for precision treatment around delicate areas like the eyes and mouth, where deeper wrinkles and crepey texture are most noticeable. Unlike rolling handpiece resurfacing technologies, the SmartXide Tetra handpiece allows for highly controlled, targeted energy delivery in smaller, more detailed treatment zones.

Additionally, SmartXide Tetra CO₂ stimulates collagen production more deeply than many lighter resurfacing lasers, meaning your skin continues to improve over time as collagen remodeling occurs beneath the surface.

3. PRE-TREATMENT REQUIREMENTS (“PRE-TREATED SKIN” & PREPARATION FOR TREATMENT)

Because SmartXide Tetra CO₂ resurfacing is a more aggressive treatment than lighter lasers, pre-conditioning your skin before treatment is essential for optimal results and healing. To ensure your skin is ready, Honey Skincare Studio requires at least 8 weeks of medical-grade pre-treatment for corrective-level resurfacing.

Pre-conditioning means:

- **Healthy cell turnover** — using retinoids or prescription retinoids (as tolerated and supervised) to support exfoliation and collagen production
- **Antioxidant protection** — applying medical-grade Vitamin C to help protect against free radicals and support healthier skin
- **Hydration & barrier support** — using moisturizers and hydrating serums to keep the skin plump, calm, and balanced
- **Brightening support** — if you have melasma or pigment concerns, Honey Skincare Lab Ready Set Glow Serum or other brightening actives may be recommended

This preparation helps ensure that your skin responds well to resurfacing energy, reducing risks of hyperpigmentation and supporting smoother healing.

3.1 MEDICATIONS & MEDICAL HISTORY CONSIDERATIONS

Please inform your provider of all medical conditions, medications, supplements, and previous treatments, especially prior lasers or chemical peels. Please disclose:

- **Isotretinoin (Accutane)** — If you have used Accutane or its generics within the last 12 months, notify your provider.
- **Blood Thinners** — Aspirin, warfarin, NSAIDs, and other blood-thinning medications may increase bruising or bleeding.

- **Cold Sores (Herpes Simplex)** — CO₂ resurfacing may trigger outbreaks; antiviral medication may be recommended.
 - **Recent Sun Exposure** — Avoid direct sun exposure and tanning beds for at least 2 weeks prior to treatment.
 - **Pregnancy & Breastfeeding** — SmartXide Tetra CO₂ is not recommended during pregnancy or breastfeeding.
 - **Sensitizing Medications** — Certain topical medications and skin-thinning products may require discontinuation before treatment.
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3.2 PRODUCT & TREATMENT RESTRICTIONS

- Discontinue retinoids, retinol products, AHAs/BHAs, glycolic acid, salicylic acid, benzoyl peroxide, and exfoliating products for 5–7 days prior to treatment.
 - Avoid strong scrubs, facial brushes, or irritating skincare products.
 - Avoid waxing, threading, or depilatory creams in the treatment area for at least 2 weeks.
 - Avoid self-tanner for at least 2 weeks prior to treatment.
 - Use broad-spectrum mineral SPF 30–50+ daily.
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3.3 THE DAY OF TREATMENT

- Arrive with clean skin and no makeup or heavy skincare products.
 - Avoid smoking and alcohol for 24–48 hours prior to treatment.
 - Drink plenty of water prior to your appointment to support hydration and healing.
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3.4 PRE-TREATMENT INSTRUCTIONS FOR FITZPATRICK IV–VI (HIGHER MELANIN SKIN TYPES)

Pre-conditioning is especially important for Fitzpatrick IV–VI skin types because deeper skin tones are more prone to post-inflammatory hyperpigmentation (PIH). Proper preparation significantly reduces pigment-related risks and improves healing outcomes.

Your provider may recommend:

- Medical-grade Vitamin C
 - Brightening serums such as Ready Set Glow
 - Strict mineral SPF use
 - Barrier repair and hydration support
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3.5 IMPORTANT TIPS FOR OPTIMAL RESULTS

- Avoid excessive sun exposure during your pre-conditioning phase.
 - Stay hydrated in the weeks leading up to treatment.
 - Follow all pre-treatment skincare recommendations carefully.
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4. WHAT TO EXPECT DURING YOUR SMARTXIDE TETRA CO₂ TREATMENT

Your SmartXide Tetra CO₂ resurfacing treatment will be customized based on your skin type, concerns, and goals.

4.1 THE TREATMENT PROCESS

1. Cleanse, Extract, and Disinfect – Before numbing begins, your provider will thoroughly cleanse the skin to remove makeup, oils, and debris. If appropriate, extractions may be performed to clear congestion and optimize treatment results. The skin will then be disinfected to reduce infection risk prior to resurfacing.

2. Numbing and Preparation – A topical numbing cream will be applied to the treatment area for approximately 30–45 minutes prior to treatment to maximize comfort during the procedure. Once adequately numbed, your provider will remove the numbing cream, cleanse and disinfect the skin again, and prepare the area for resurfacing.

3. Laser Application – The SmartXide Tetra CO₂ handpiece is moved methodically across the treatment area. Fractionated laser energy is delivered in highly controlled microscopic columns to resurface damaged skin and stimulate collagen remodeling.

4. Duration – Treatment time typically ranges from 30–90 minutes depending on the area treated and treatment aggressiveness.

5. Sensation – You may feel warmth, heat, or a sunburn-like sensation during treatment. More aggressive settings may feel more intense in certain areas.

4.2 TREATMENT SETTINGS: CUSTOMIZATION BASED ON YOUR SKIN & GOALS

SmartXide Tetra CO₂ can be adjusted based on your skin concerns and desired downtime. Your provider will determine the best treatment level for your skin.

- **Light Settings** — gentle resurfacing with shorter downtime
 - **Medium Settings** — moderate correction for texture, pigment, and early aging
 - **Heavy Settings** — deeper corrective resurfacing for advanced wrinkles, scarring, and significant texture concerns
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4.3 DURING THE TREATMENT: WHAT YOU'LL FEEL

- Mild to moderate heat or warmth
 - Tightness or prickling sensations
 - Temporary sensitivity in more aggressive treatment areas
 - Cooling measures will be used throughout the treatment to improve comfort.
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4.4 POST-TREATMENT COOLING & COMFORT

Immediately after treatment, your provider will help cool and calm the skin using the Zimmer cooling system, which delivers continuous cold air to reduce heat and improve comfort following resurfacing.

Depending on the treatment intensity and your skin's needs, your provider may also apply a post-procedure cooling mask to further soothe inflammation and support early healing.

Following treatment, it is normal to experience:

- Significant warmth or heat in the skin (similar to a strong sunburn)
- Tightness or a “stretched” sensation
- Swelling, redness, and tenderness
- Increased sensitivity, especially during the first 24–48 hours

These sensations are expected and vary depending on the aggressiveness of your treatment. More intensive resurfacing settings generally involve a stronger inflammatory response and longer recovery period.

Your provider will review cooling instructions, hydration strategies, and post-care products to help keep you as comfortable as possible during the healing process.

4.5 EYE PROTECTION DURING TREATMENT

Protective goggles or shields will be used throughout treatment. Laser light can cause serious eye injury if proper protection is not used.

4.6 TREATMENT AREAS: PRECISION & CUSTOMIZATION

SmartXide Tetra CO₂ is especially effective for precision treatment around delicate areas like the eyes and mouth, where deeper wrinkles and crepey texture are most noticeable. Unlike rolling handpiece resurfacing technologies, the SmartXide Tetra handpiece allows for highly controlled, targeted energy delivery in smaller, more detailed treatment zones.

4.7 THE KEY TO SUCCESS: PERSONALIZED TREATMENT

Every SmartXide Tetra CO₂ treatment is customized specifically to your skin, concerns, and healing ability. From lighter rejuvenation to advanced corrective resurfacing, your provider will design a treatment plan tailored to your goals.

5. EXPECTED DOWNTIME & HEALING PROCESS

Healing after SmartXide Tetra™ CO₂ resurfacing varies based on:

- Treatment aggressiveness
- Skin type and tone
- Area treated
- Individual healing ability
- Adherence to post-care instructions

More aggressive resurfacing settings involve a stronger inflammatory response and a longer recovery process. Your provider will customize your treatment intensity based on your goals, skin health, and desired downtime.

5.1 FIRST 24 HOURS

Immediately after treatment, it is normal to experience:

- Significant redness (similar to a moderate-to-severe sunburn)
- Heat and warmth in the skin
- Swelling, especially around the eyes and mouth
- Tightness or tenderness
- Mild pinpoint bleeding or oozing in some areas
- Increased skin sensitivity
- Following treatment, your provider will help cool the skin using the Zimmer cooling system, which delivers continuous cold air to improve comfort and reduce heat.
- Depending on treatment intensity, a post-procedure cooling mask may also be applied to calm inflammation and support early healing.

To reduce swelling during the first 24–48 hours:

- Use short-interval cool compresses or wrapped ice packs (never directly on bare skin)
 - Sleep elevated using extra pillows or a recliner
 - Stay hydrated and avoid excess sodium and alcohol
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5.2 DAYS 2–3

During this stage, redness and swelling typically peak. You may experience:

- Increased tightness and dryness
 - A bronzed or “weathered” appearance
 - Sandpaper-like texture
 - MENDs (microscopic epidermal necrotic debris) rising to the surface
 - Mild crusting in some areas
 - Continued warmth and sensitivity
 - MENDs are normal and represent treated tissue and pigment working their way out of the skin as new skin regenerates underneath.
 - Your skin may appear darker or rougher before it begins improving.
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5.3 DAYS 3–7 (FACE)

During this phase:

- Peeling and flaking increase
- Skin begins shedding damaged tissue
- Texture starts feeling smoother
- Swelling gradually decreases
- Pinkness and redness may persist

Do NOT:

- Pick
- Peel
- Scratch
- Rub/exfoliate the skin. Allow skin to shed naturally.

More aggressive settings may involve:

- Longer peeling
- More crusting
- Prolonged redness

- Longer social downtime

Most facial treatments begin looking more socially presentable around days 5–7 depending on treatment intensity.

5.4 NECK, CHEST & BODY

The neck, chest, and body often heal more slowly than the face. These areas may require:

- 7–14+ days for peeling to fully resolve
 - Longer periods of pinkness
 - More intensive moisturization
 - Longer sun protection precautions
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5.5 WEEKS 2–12 — COLLAGEN REMODELING PHASE

Even after visible healing improves, deeper collagen remodeling continues for several weeks to months. Over time, clients typically notice:

- Improved texture
- Increased firmness
- Better elasticity
- Reduction in wrinkles and crepey skin
- Brighter tone and improved skin quality

Collagen stimulation continues gradually for up to several months following treatment.

5.6 GENERAL HEALING TIMELINE

Healing Phase	What to Expect
Day 1	Redness, warmth, swelling, possible oozing
Days 2–3	Peak swelling, bronzing, MEND formation
Days 3–7	Peeling, flaking, shedding
Days 7–14	Pinkness gradually improves
Weeks 2–12	Ongoing collagen remodeling and firming

6. REQUIRED & RECOMMENDED POST-TREATMENT CARE

Proper aftercare is critical after CO₂ resurfacing. Your skin is undergoing an active wound-healing process, and your post-care directly impacts:

- Healing speed
- Comfort
- Pigment risk

- Infection risk
- Final results

The skin should remain continuously protected, moisturized, and free from unnecessary irritation during healing. Follow all instructions from Honey Skincare Studio exactly.

6.1 CLEANSING

Do not cleanse the skin for the first 24 hours unless instructed otherwise.

Beginning the morning after treatment:

- Cleanse 2–3 times daily using cool or lukewarm water only
- Use clean hands only
- Do not use washcloths, brushes, scrubs, cleansing devices, or exfoliants

Recommended cleansers:

- Honey Skincare Lab Soothe + Lather
- CeraVe Hydrating Cleanser
- La Roche-Posay Toleriane Hydrating Cleanser
- Vanicream Gentle Cleanser
- Avène XeraCalm A.D Lipid-Replenishing Cleansing Oil

Pat dry gently using clean gauze or a soft towel. Do not rub.

6.2 INFECTION PREVENTION (REQUIRED)

Because the skin barrier is temporarily compromised after CO₂ resurfacing, infection prevention is extremely important. Honey Skincare Studio requires:

Hydrinity HylaCyn™ (Hypochlorous Acid Spray)

What it is: Hypochlorous acid (HOCl) is a skin-safe antimicrobial naturally produced by the immune system to defend against bacteria and calm inflammation.

Why we use it

- Hydrinity HylaCyn™ helps:
- Reduce surface bacteria
- Calm irritation and redness
- Support the skin's natural healing environmentReduce infection risk

How to use

- Mist generously over treated skin morning and night and throughout the day as needed
For additional support, saturate sterile gauze or cotton and apply as a compress for 10–15 minutes, 2–4× daily
- Allow to air dry
- This serves as our post-laser “insurance policy” to help keep the skin clean, calm, and free from infection.

Vinegar (Acetic Acid) Soaks — Old-School Dermatology Option

Your provider may also recommend dilute white vinegar soaks during healing. These are commonly used after deeper resurfacing procedures to:

- Calm heat and irritation
- Reduce bacterial overgrowth
- Support the skin's natural acidic pH
- Soothe tight or inflamed skin

Mixing Instructions

- **Standard:** 1 teaspoon plain white vinegar in 1 cup (8 oz) distilled or boiled-then-cooled water
- **Sensitive version:** ½ teaspoon per cup if stronger dilution feels too tingly

How to apply

- Soak sterile gauze or cotton
- Apply to treated skin for 10–15 minutes
- Pat dry gently

Only use vinegar soaks if instructed by your provider.

6.3 FIRST 72 HOURS — BARRIER REPAIR & OCCLUSIVE HEALING (REQUIRED)

The first 72 hours are focused on:

- Barrier protection
- Moisture retention
- Comfort
- Controlled healing

Dry healing is NOT recommended after CO₂ resurfacing. Your skin should remain continuously moisturized and protected. After cleansing and applying HylaCyn™ use ONLY:

- **Alastin Regenerating Skin Nectar:** Apply a thin, even layer 2–4× daily (or as directed).
- **Honey Skincare Lab Post-Procedure Ointment:** Apply as your final occlusive layer and reapply frequently whenever the skin begins feeling dry or tight.

Do NOT introduce:

- Vitamin C
 - Retinoids
 - Growth factors
 - Exosomes
 - Active serums
 - Acids during this stage unless directed by your provider.
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6.4 AFTER 72 HOURS — HYDRATION & RECOVERY SERUMS

Once the skin is more intact and significantly less tender, your provider may gradually introduce advanced recovery products. Introduce only ONE new product every 48–72 hours. Recommended recovery support may include:

- **Hydrinity Restorative HA Serum:** Intensive hydration support to improve comfort and barrier recovery.
- **(Plated)™ CALM Serum:** Platelet-derived cosmetic serum designed to support visible recovery during the sensitive healing phase.
- **SkinMedica® TNS Recovery Complex:** Growth factor + peptide serum formulated to support post-procedure collagen remodeling and tissue repair.
- **Typical Layering Order:** Cleanse → HylaCyn™ → plated CALM or TNS Recovery Complex → Hydrinity HA → Alastin Regenerating Skin Nectar → Post-Procedure Ointment

Optional moisturizers:

- Avène Cicalfate+
- Avène XeraCalm A.D
- Vanicream Cream/Lotion
- La Roche-Posay Lipikar Balm AP+M

6.5 SUN PROTECTION (MANDATORY ONCE SKIN IS CLOSED)

Once the skin barrier is intact:

- Use broad-spectrum mineral SPF 40+ daily
- Zinc oxide and/or titanium dioxide should be the only active sunscreen ingredients
- Avoid chemical sunscreens during healing

We highly recommend:

- **Alastin SilkSHIELD®:** A post-procedure mineral sunscreen designed specifically for compromised skin.
- Avoid direct sun exposure and tanning beds for at least 8 weeks after treatment.
- Wear hats and sun-protective clothing whenever possible.

6.6 ACTIVITY & ENVIRONMENT RESTRICTIONS

Avoid during healing:

- Heavy sweating or strenuous exercise
- Steam rooms, saunas, hot tubs, or hot yoga
- Dusty or dirty environments
- Direct pet contact with treated skin
- Swimming pools or hot tubs
- Hair dye, hairspray, perfume, or irritating aerosols near treated skin

Additional recommendations:

- Sleep elevated for the first 2–3 nights
- Change pillowcases daily for at least 5 days
- Do not pick or peel flaking skin

7. REMODELING PHASE — GROWTH FACTORS, PEPTIDES & EXOSOMES (AFTER INITIAL HEALING)

Once visible healing is complete (typically after day 7–10 for facial treatments, and longer for neck/chest/body depending on treatment intensity), your provider may recommend regenerative products and treatments designed to support collagen remodeling, improve skin quality, and optimize long-term results.

While the initial healing phase focuses on barrier repair and wound recovery, the remodeling phase focuses on helping the skin rebuild stronger, healthier collagen and elastin over the following weeks to months. During approximately the first 60–90 days after treatment, the skin is actively generating new skin tissue and collagen architecture, making this phase especially important for long-term results and skin quality.

7.1 REGENERATIVE SERUMS & COLLAGEN SUPPORT (RECOMMENDED)

- **(Plated)™ INTENSE Serum:** A platelet-derived regenerative serum designed to support visible redness reduction, improve skin quality, and enhance collagen remodeling during the rebuilding phase following resurfacing.
- **SkinMedica® TNS Recovery Complex:** A growth factor and peptide-rich serum formulated to support tissue repair, collagen production, and overall skin rejuvenation following advanced resurfacing procedures.
- **Alastin Restorative Skin Complex with TriHex+™:** Advanced peptide technology designed to support the removal of damaged collagen and elastin fragments while encouraging healthier new collagen formation.
- **Hydrinity Restorative HA Serum:** Deep hydration support that helps maintain barrier health and improve comfort during the remodeling process.

7.2 EXOSOMES, GROWTH FACTORS & ADVANCED REGENERATIVE OPTIONS

Depending on your goals and treatment intensity, your provider may recommend advanced regenerative support therapies to enhance healing and optimize collagen regeneration. These may include:

- **Topical Exosomes:** Advanced cell-signaling vesicles designed to support communication between skin cells, helping improve healing, reduce inflammation, and stimulate regenerative pathways within the skin.
- **Growth Factor Therapy:** Growth factor-based recovery treatments help encourage collagen production, improve skin quality, and support healthier tissue regeneration after resurfacing.
- **Ariessence Regenerative Topicals:** A regenerative treatment designed to support healing, hydration, and overall skin quality while helping improve the appearance of aging and compromised skin.
- **Omni Bioceuticals Core Recovery Complex:** A highly concentrated recovery complex formulated with targeted growth factors and cytokines designed to support post-procedure healing and skin regeneration.

These treatments may be recommended:

- Immediately after resurfacing
- During the first several days of healing
- Throughout the collagen remodeling phase depending on your treatment plan and provider recommendations.

7.3 GENERAL REMODELING PHASE GUIDELINES

During the remodeling phase:

- Continue strict daily mineral SPF use
- Avoid unnecessary irritation or over-exfoliation
- Resume active ingredients only as directed by your provider

- Continue prioritizing hydration and barrier support
- Understand that collagen remodeling continues for several months after treatment

Your skin may continue improving in:

- Texture
- Tightness
- Elasticity
- Tone and luminosity for up to 3–6 months following treatment.

Consistency with your homecare routine and long-term maintenance plan significantly impacts your final outcome.

8. “SOS” CARE — WHEN SKIN FEELS OVER-TREATED OR AT RISK

Because SmartXide Tetra™ CO₂ resurfacing creates a more intensive wound-healing response than lighter resurfacing lasers, it is extremely important to monitor the skin closely during recovery.

Please contact Honey Skincare Studio immediately at **(703) 589-9665** if you notice:

- Increasing redness after initial improvement
- Yellow crusting, pus, or foul odor
- Skin that feels excessively hot after the first 24–48 hours
- Severe or one-sided swelling
- New blisters, open areas, or significant pain
- Fever, chills, or feeling unwell
- Worsening tenderness instead of gradual improvement

These may be signs of:

- Infection
 - Over-treatment
 - Delayed healing
 - Barrier compromise and may require prompt medical evaluation or prescription treatment.
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8.1 HYLACYN™ SOAKS (IF INSTRUCTED)

If your provider recommends additional wound support during healing:

How to Perform HylaCyn™ Soaks

1. Gently cleanse the skin as directed
2. Saturate sterile gauze or clean cotton pads with Hydrinity HylaCyn™
3. Apply to the treated area for 10–15 minutes
4. Repeat 2–4× daily as instructed
5. Pat dry gently and continue your post-care routine

These soaks help:

- Calm inflammation
- Reduce heat and irritation
- Support wound healing
- Reduce bacterial overgrowth
- Improve comfort during recovery

8.2 VINEGAR (ACETIC ACID) SOAKS (IF INSTRUCTED)

Your provider may also recommend vinegar soaks as an additional wound-healing support measure during recovery. These are a long-standing dermatology protocol commonly used after deeper resurfacing procedures.

Benefits may include:

- Reduced burning and heat sensation
- Support of the skin's natural acidic pH
- Reduction in bacterial overgrowth
- Additional soothing during healing
- Support for compromised barrier function

Mixing Instructions

- **Standard dilution:** 1 teaspoon plain white vinegar (NOT apple cider vinegar) in 1 cup (8 oz) distilled or boiled-then-cooled water
- **Sensitive skin dilution:** ½ teaspoon per cup if stronger dilution feels too tingly

How To Apply

1. Saturate sterile gauze or cotton pads
2. Apply to the treatment area for 10–15 minutes
3. Do not rub or scrub
4. Pat dry gently
5. Continue with your provider-directed healing products

Do not begin vinegar soaks unless specifically directed by your provider.

8.3 IMPORTANT HEALING REMINDERS

During the healing process:

- Do NOT pick, peel, or scratch exfoliating skin
- Keep the skin continuously moisturized and protected
- Avoid unnecessary touching of the treatment area
- Wash hands thoroughly before applying products
- Continue strict mineral SPF use once the skin barrier has closed

Healing skin should gradually improve day by day. If your skin appears to be worsening instead of improving, contact Honey Skincare Studio immediately.

9. POST-LASER MEDICATIONS (PROVIDER-DIRECTED ONLY)

Medications are not automatically required after SmartXide Tetra™ CO₂ resurfacing and will only be recommended or prescribed when clinically appropriate based on:

- Treatment intensity
- Skin type and sensitivity
- Medical history
- Swelling response
- History of acne, cold sores, or pigment concerns

- Individual healing patterns

Do not start, stop, or substitute medications without direction from your provider.

9.1 PAIN & DISCOMFORT MANAGEMENT

Most clients experience heat, tightness, tenderness, or a strong sunburn-like sensation following treatment. If needed, your provider may recommend:

- Acetaminophen (Tylenol®) for discomfort
- Cooling measures such as cold compresses or cooling masks

Avoid the following medications unless specifically approved by your provider, as these may interfere with aspects of the inflammatory healing response.

- Ibuprofen
 - Naproxen
 - Aspirin
 - Other NSAIDs
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9.2 SWELLING & ITCHING SUPPORT

Swelling is a normal part of the inflammatory healing response after CO₂ resurfacing, especially around the eyes, mouth, and neck. For clients who tend to swell significantly, your provider may recommend:

Benadryl® + Pepcid® Combination: Diphenhydramine (Benadryl®) and famotidine (Pepcid®) may be used together for several days to help reduce swelling and histamine-related inflammation.

Some clients may begin this protocol the evening before treatment if they are known “big swellers” or have strong inflammatory reactions.

These medications can cause drowsiness and may interact with other medications or medical conditions. Only use them as directed by your provider.

9.3 OPTIONAL NATURAL / HOMEOPATHIC SUPPORT

Some clients prefer natural or homeopathic options to support swelling, bruising, and inflammation during recovery.

Your provider may recommend **Arnika Forte®** which is available for purchase at Honey Skincare Studio and may also be available online through retailers such as Amazon.

Arnika Forte is a stronger, clinically formulated Arnica blend commonly used in plastic surgery and medical aesthetic recovery protocols to help reduce:

- Swelling
- Bruising
- Tenderness
- Inflammation

Unlike standard Arnica-only remedies, Arnika Forte® combines multiple homeopathic ingredients designed to support post-procedure healing more comprehensively. Honey Skincare Studio frequently recommends this product for clients undergoing more intensive resurfacing treatments.

Belladonna-Based Homeopathic Remedies: May help calm heat, flushing, and inflammatory sensations during early healing.

These options are elective and should only be used if approved by your provider.

9.4 ANTIVIRAL PROPHYLAXIS (COLD SORE PREVENTION)

If you have a history of cold sores, herpes simplex virus (HSV), or fever blisters, your provider may prescribe an oral antiviral medication such as: Valacyclovir (Valtrex®)

Laser resurfacing can trigger dormant HSV outbreaks, especially around the lips and mouth. Antiviral medication may begin the day before treatment and continue several days after treatment, depending on your provider's protocol.

9.5 ACNE / POST-LASER BREAKOUT MANAGEMENT

Temporary acne flare-ups or “purging” can occur during healing due to:

- Occlusive ointments
- Increased inflammation
- Skin turnover changes

Whiteheads, pustules, or congestion can appear for several weeks following treatment. If needed, your provider may recommend:

- Topical acne management products
- Modified skincare routines
- A short course of oral antibiotics such as doxycycline

Do not self-treat breakouts aggressively during healing, as this may increase irritation or pigment risk.

9.6 ANTI-INFLAMMATORY MEDICATIONS (IF CLINICALLY INDICATED)

For more aggressive resurfacing settings or excessive swelling, your provider may prescribe: **A short oral steroid course.** This is not routine and is used only when clinically appropriate. Please notify your provider immediately if swelling becomes severe, painful, or begins worsening instead of improving.

10. POTENTIAL RISKS, SIDE EFFECTS & COMPLICATIONS

No procedure is without risk. Complications can occur even when all instructions are followed. Please contact Honey Skincare Studio promptly if you are concerned at any point during the healing process.

For the first several weeks after CO₂ resurfacing, your healing skin should be treated like brand-new “baby skin.” Gentle care, continuous moisturization, and strict sun protection are essential for optimal healing and long-term results.

A secondary “mini peel” or additional flaking phase can sometimes occur during healing, especially if the skin becomes overly dry. This is often a sign the skin needs additional hydration and occlusive support.

10.1 COMMON / EXPECTED (TEMPORARY) HEALING RESPONSES

The following are common and expected after SmartXide Tetra™ CO₂ resurfacing:

- **Discomfort / Heat Sensation** — Heat-related discomfort, tightness, and tenderness are common during the first several days after treatment.
- **Redness & Swelling** — Moderate-to-significant redness and swelling are expected, particularly around the eyes and mouth.
- **Bronzing & MEND Formation** — Treated skin often develops a darker, bronzed appearance with sandpaper-like texture as damaged tissue works its way out.
- **Peeling & Flaking** — Skin shedding is a normal and necessary part of the resurfacing process.
- **Pinkness (Post-Laser Erythema)** — Pink or rosy skin may persist for several weeks or longer depending on treatment aggressiveness and healing response.
- **Dryness, Tightness & Itching** — Temporary dryness and itching are common during skin renewal.
- **Acne / Purging** — Temporary breakouts, whiteheads, or pustules can occur due to occlusive healing products and increased skin turnover.

10.2 LESS COMMON RISKS BUT POSSIBLE

Although uncommon, the following complications can occur:

- **Blistering or Crusting** — More aggressive resurfacing settings may create temporary crusting or blistering during healing.
- **Delayed Healing** — Healing may take longer than expected in some individuals.
- **Infection** — Bacterial, fungal, or viral infections (including herpes simplex/cold sores) are possible whenever the skin barrier is disrupted.
- **Allergic Reactions** — Reactions to topical products, numbing agents, ointments, or post-care products may occur.
- **Persistent Redness** — Redness may last several weeks to months in some clients, especially after aggressive resurfacing.
- **Visible Laser Patterning** — Temporary visible treatment grid patterns may occur during healing.
- **Eye Injury** — Rare, but possible without proper eye protection.

10.3 PIGMENT / COLOR CHANGES

Post-Inflammatory Hyperpigmentation (PIH – Darkening)

- Temporary darkening can occur during healing, often appearing several weeks after treatment as inflammation stimulates melanocyte activity.
- Risk is higher in:

- Fitzpatrick IV–VI skin types
 - Recently tanned skin
 - Clients with melasma history
 - Skin that was inadequately pre-conditioned
 - Clients with excessive heat or sun exposure during recovery
 - Skin exposed to irritation, picking, or over-exfoliation
- **This darkening is usually temporary and commonly improves over several weeks to months.** Don't be alarmed — post-inflammatory hyperpigmentation is a known risk of advanced resurfacing and is one reason Honey Skincare Studio requires extensive pre-conditioning protocols prior to corrective-level resurfacing.
 - **To reduce risk:**
 - Strict mineral SPF is mandatory
 - Avoid all direct heat and sun exposure
 - Do not pick or peel exfoliating skin
 - Follow all provider guidelines and recommendations
 - Your provider may recommend provider-directed brightening support such as Honey Skincare Lab Ready Set Glow Serum once the skin has healed sufficiently and tolerated products are reintroduced.

Hypopigmentation (Lightening)

- Temporary or permanent lightening of the skin is rare but possible, especially:
 - In clients with a history of pigment disorders
 - Following aggressive resurfacing settings
 - With improper healing or post-care complications

10.4 SCARRING

Scarring is rare, but possible whenever the skin surface is disrupted. Permanent scarring is extremely uncommon but cannot be completely eliminated as a possibility.

Risk increases with:

- Picking or prematurely peeling exfoliating skin
- Infection
- Smoking
- Excessive sun exposure during healing
- Poor wound care compliance
- Individual predisposition to abnormal scarring

Early intervention is extremely important if abnormal healing develops. If needed, treatment may include:

- Prescription anti-inflammatory medications
- Additional wound care
- In-office corrective therapies

10.5 UNSATISFACTORY RESULTS / NEED FOR ADDITIONAL TREATMENTS

Although significant improvement is expected, no guarantee can be made regarding:

- Degree of improvement

- Duration of results
- Number of treatments required

Some clients may require:

- Additional resurfacing sessions
- Combination therapies
- Ongoing maintenance treatments

Results vary based on:

- Skin condition
- Age
- Lifestyle
- Sun exposure history
- Genetics
- Adherence to skincare and post-care instructions

Patient Initials: _____

11. ALTERNATIVES TO SMARTXIDE TETRA™ CO₂ RESURFACING

Alternative options to SmartXide Tetra™ CO₂ resurfacing include:

- No treatment
- Medical-grade skincare alone
- Chemical peels
- Microneedling or RF microneedling
- PRF/PRP treatments
- Non-ablative laser resurfacing (such as MOXI®)
- Hybrid fractional resurfacing (such as HALO® or HALO® TRIBRID™)
- BroadBand Light (BBL®) treatments
- Other resurfacing or tightening procedures

Each treatment option carries its own:

- Benefits
- Risks
- Downtime
- Limitations
- Number of treatments required

CO₂ resurfacing is generally chosen by clients seeking:

- More dramatic correction
- Deeper wrinkle improvement
- More significant textural change
- Greater tightening and collagen remodeling
- Advanced resurfacing results

Your provider has explained the available alternatives, and you understand that SmartXide Tetra™ CO₂ may involve more downtime and healing compared to lighter resurfacing options.

Patient Initials: _____ I understand the alternative treatment options available to me.

12. PHOTOGRAPHY & MARKETING CONSENT

Clinical photographs and/or video documentation may be taken before, during, and after treatment for:

- Medical documentation
- Progress tracking
- Treatment planning
- Educational purposes

These images will remain confidential unless separate consent is provided for marketing or educational use.

Consent to Clinical Photography

I understand that clinical photographs may be taken before and after my treatment for educational use and progress tracking. These images will remain confidential unless I provide separate written consent for marketing purposes.

- ☐ **I DO** consent to educational/marketing use by Honey Skincare Studio
- ☐ **I DO NOT** consent to educational/marketing use by Honey Skincare Studio

Patient Initials: _____

13. FINANCIAL RESPONSIBILITY

I understand that SmartXide Tetra™ CO₂ resurfacing is an elective cosmetic procedure and is not covered by insurance.

I understand that I am financially responsible for:

- Treatment costs
- Required and recommended post-care products
- Additional medications if needed
- Follow-up care
- Any additional corrective treatments or procedures if complications occur

I understand:

- Results cannot be guaranteed
- Multiple treatments may be necessary
- There are no refunds once treatment has been performed

Patient Initials: _____ I understand and agree to the financial terms of treatment.

14. PATIENT ACKNOWLEDGEMENT & CONSENT

By signing below, I acknowledge that:

- I have read (or had read to me) and understand this consent form in its entirety
- I have had the opportunity to ask questions and all questions have been answered to my satisfaction
- I understand the nature, benefits, risks, alternatives, and possible complications of SmartXide Tetra™ CO₂ resurfacing
- I understand that healing and results vary from person to person

- I understand that multiple treatments may be required to achieve desired results
- I understand that strict compliance with pre-treatment and post-treatment instructions is critical to reducing risks and optimizing results
- I voluntarily consent to undergo SmartXide Tetra™ CO₂ resurfacing treatment at Honey Skincare Studio

I authorize my provider and staff at Honey Skincare Studio to perform this procedure and any medically appropriate follow-up care.

Patient Name (Printed): _____

Patient Signature: _____ **Date:** _____

Provider Name (Printed): _____

Provider Signature: _____ **Date:** _____

Witness Name (Printed): _____

Witness Signature: _____ **Date:** _____