Background: Carbon dioxide (CO2; 10,600 nm) laser skin resurfacing continues to provide the clinical “gold standard” for skin rejuvenation. Regardless of the CO2 technique utilized, post-procedure and aftercare management of laser resurfaced skin continues to challenge physicians and patients.

Objectives: To report on the clinical outcomes associated with 100 patients undergoing deep fractional and fully ablative CO2 laser skin resurfacing followed by the use of Cutagenix for post-procedure aftercare.

Study Design/Materials and Methods: One hundred patients underwent fractional and fully ablative CO2 laser skin resurfacing by JKD (Lafayette, LA). Cutagenix was used as post-procedure aftercare 4 times daily for 7 consecutive days following CO2 laser skin resurfacing. All patients were evaluated for adverse events at 7, 28, and 90 days. Observations are reported at the end of 90 days.

Results: Ninety-nine (99%) patients completed the study. One patient was removed from the study when she used a self-prescribed petrolatum product, which led to the development of a severe acneiform eruption. The remaining 99 (99%) patients who underwent combined fractional and fully ablative CO2 laser skin resurfacing completed the 90 day study. One (1%) patient developed milia between 14 and 21 days post-procedure and was treated by unroofing the milia; no additional treatment was required. Two (2%) patients developed hyperpigmentation that resolved within 6 weeks post procedure with the use of a combination retinoid and hydroquinone.

Conclusion: Carbon dioxide laser skin resurfacing techniques can provide excellent clinical results. Cutagenix was successfully used in the post-procedure aftercare of CO2 laser resurfaced skin to improve the appearance of skin.
Significant improvement in tone, texture, and sun damaged skin treated aggressively with fully ablative CO₂ laser skin resurfacing followed by Cutagenix for 7 days as post-procedure aftercare.

Fully ablative CO₂ laser skin resurfacing followed by Cutagenix for 7 days as post-procedure aftercare. Note the improvement in the appearance of the skin at 1 week and 3 months post-procedure.

The appearance of the skin 2 days, 1 week, and 3 months after fully ablative CO₂ laser skin resurfacing followed Cutagenix for 7 days as post-procedure aftercare.