

# KLIENTVEJLEDNING

Fractional CO2 laser treatment



**Cutis** Clinic



## INFORMATION FOR YOU AS A CLIENT

Some of the examinations and treatments we offer at Cutis Clinic require that you first receive certain information, which you should read through and understand.

When you meet our practitioners for an examination and/or treatment, you will also be asked to give your consent confirming that you have both read and understood the information, and that you still wish to proceed with the treatment.

Consent to treatment may be given either verbally or in writing, and we will record in your medical journal when your consent has been provided.

If there is anything in the following information that you would like explained or clarified, please do not hesitate to ask your practitioner, or contact us in advance so we can help you go through the details.

It is important to us that you feel well-informed and comfortable about your upcoming treatment.





## FRACTIONAL CO2 LASER TREATMENT

### **What is fractional CO2laser?**

A CO2laser is an ablative laser, meaning it removes part of the skin's surface. When the laser is used fractionally, only a fraction (a small percentage) of the skin is treated while the majority of the skin surface (70–90%) is left untouched.

Fractional CO2laser now represents the majority of all CO2laser procedures performed. The advantage of fractional CO2laser over fully ablative CO2laser resurfacing is that it is less aggressive, with significantly shorter healing time and fewer side effects.

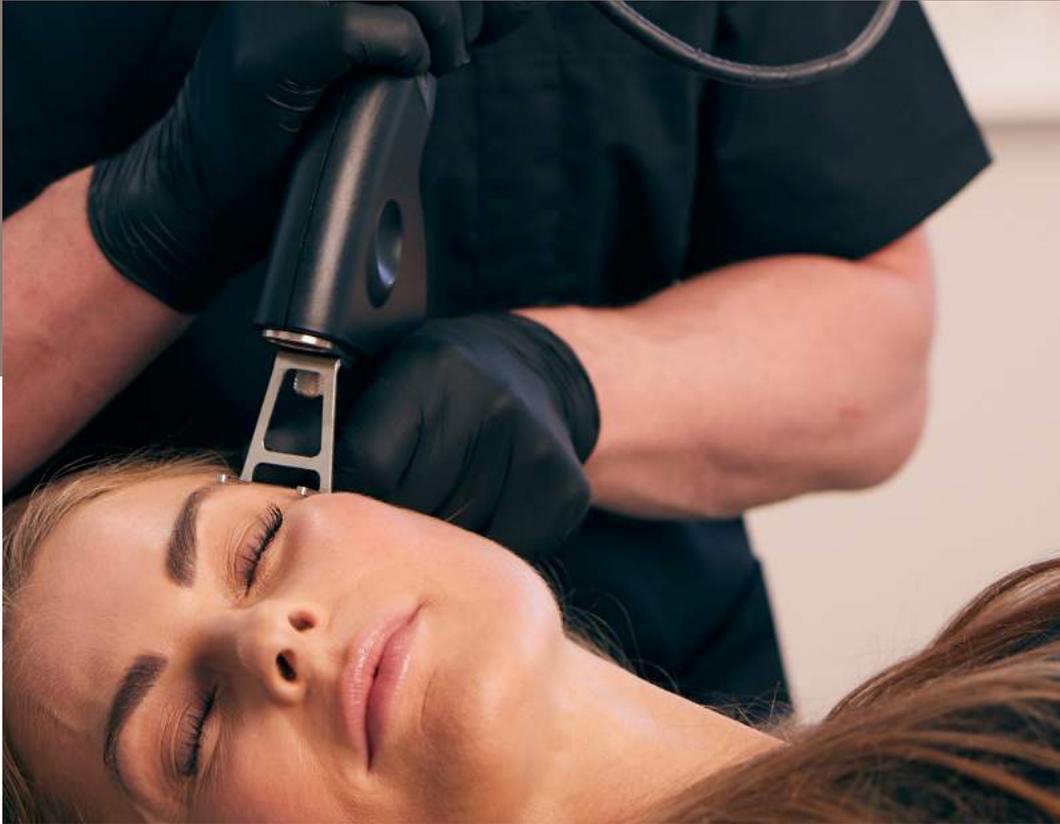
### **How does fractional CO2laser work?**

The laser energy is absorbed by water molecules in the skin, creating controlled heat in tiny spots and forming a pattern of microscopic holes. The water molecules in the treated skin are converted to vapor, and the heat spreads outwards from each hole, producing additional effects in the surrounding tissue. Small blood vessels are coagulated, and during the subsequent healing process the body forms new blood vessels and releases growth factors.

We use the latest-generation CO2lasers, which create extremely fine holes in the skin – only 0.1 mm in diameter – minimizing damage to the outer skin layer (epidermis) and reducing healing time compared with older CO2lasers that leave larger holes.

With this advanced technology, you will not experience large open wounds or prolonged downtime after treatment, and the risk of long-term dotted or bumpy skin texture is significantly reduced.

The intensity of the treatment (energy, depth, density) is customized to the patient's needs, which also impacts healing time.



### **What results can I expect?**

Fractional CO<sub>2</sub> laser is effective for improving visible signs of skin ageing – including wrinkles, fine lines, pigmentation spots, and sun damage – as well as for the treatment of acne scars, surgical scars, stretch marks, visible blood vessels, and redness.

The number of treatments recommended will depend on your skin's condition: Younger patients wishing to refresh their skin, minimize pores, or reduce mild surface scarring may benefit from a single session.

Patients with more advanced skin ageing or severe scarring often require a series of three sessions for best results. The effects occur at both the superficial and deeper skin layers:

#### **Superficial effects:**

- Removal of a small portion of the epidermis, replaced by new skin cells. Laser exfoliation and stimulation of cell turnover in the upper skin layers, reducing sun damage (pigmentation spots, visible vessels, and precancerous lesions).

#### **Deeper effects:**

- Increased production of collagen and elastin fibres, smoothing the skin, reducing skin irregularities (scars, lines, wrinkles), improving skin volume, and enhancing elasticity. Increased production of glycosaminoglycans, which act as moisture binders in the skin, improving hydration and skin glow.

### **Can fractional CO2laser be combined with other treatments?**

Yes. It can be combined with dermal fillers, botulinum toxin (Botox®), and maintained with exfoliating treatments (chemical peels) and medical-grade skincare tailored to your skin type and condition. In scar revision, it can safely be combined with other treatment modalities in the same session – including subcision, TCA cross, injectables (Radiesse / Sculptra) etc.

We will discuss the best options for you during your pre-treatment consultation.

### **How should I prepare for treatment?**

At your pre-treatment consultation, your skin will be assessed, and we will decide together on the best preparation plan.

In summer months, you should apply sunscreen daily – and reapply several times a day.

Your skin must be completely healed before the procedure, meaning it should not be sore, red, or irritated from active skincare products.

In case of skin irritation, stop using products containing active ingredients (vitamin A acid / retinol / retinoid, AHAs, etc.) one week before your procedure. On the day of treatment, we will also discuss pain relief and, if needed, antibiotic treatment.

### **Pain relief protocol:**

- 1 hour before treatment: Skin is cleansed and a thick layer of anaesthetic cream is applied.
- 1 hour before treatment: take 1000 mg

Paracetamol and 400 mg Ibuprofen. We may offer you supplementary pain killers (Morphine and Diazepam) if required.

### **If you are prone to cold sores (herpes simplex):**

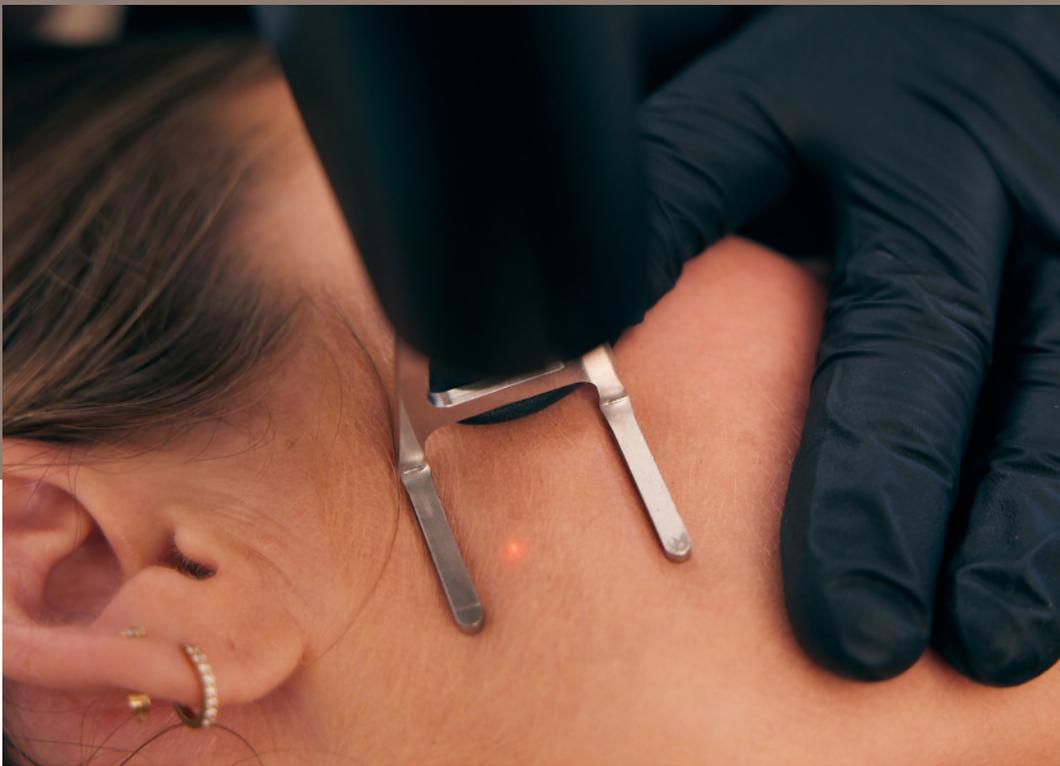
- Start antiviral tablets on the day of treatment, one tablet morning and evening for 5 days.

### **When will I see results?**

Your skin rebuilds gradually after treatment, and it can take up to 12 months to see the final results. Results improve with repeated treatments spaced at least 2 months apart.

After a few sessions, most patients achieve skin that appears significantly smoother and younger.





### **How is the procedure performed?**

The anaesthetic cream is removed while you lie comfortably on your back. Facial treatment takes 20-25 minutes; larger areas take longer. A smoke evacuator is used to maintain clean air during treatment.

After treatment, a thin layer of antibiotic ointment is applied and should remain on the skin until your evening cleanse.

### **What happens after treatment?**

Immediately after, you will notice small white dots, followed by redness and swelling. The skin may ooze slightly or bleed in the first 24 hours. After 2-3 days, tiny crusts form, feeling rough and possibly itchy; they typically shed after 4-6 days.

It is important not to pick or scratch the skin to avoid infection and scarring.

Moisturizing the skin during this stage is essential. The burning sensation usually fades within 1-2 hours. Cooling (ice packs) can help with swelling, which may last up to 5 days.

You may take Paracetamol up to 1 g four times daily as needed.

### **Aftercare instructions:**

- Wash the face 2-3 times daily with a gentle cleanser. Pat dry with cotton pads, gauze, or a clean towel.

- You may shower and wash hair with shampoo/conditioner.
- Apply Fucidin® ointment 3 times daily for the first 3 days.
- If oozing or bleeding occurs, dab with a clean tissue and reapply Fucidin®.
- After the first 3 days, switch to a mild, hydrating skincare product suitable for sensitive skin. Avoid active ingredients for at least 2 weeks after treatment.
- In case of itching during healing, apply Locoid® cream twice daily for 2 days, together with extra moisturizer. Apply Locoid® in a very thin layer to itchy areas or the entire face.
- Keep the face as clean as possible and avoid direct sun exposure for at least 2 weeks. Apply SPF 30+ daily for at least 1 month; in summer, wear a wide-brimmed hat outdoors.

### **When can I return to work?**

If your job is in a clean environment (e.g., office work), you can technically return the same day.

Some patients prefer to take 5-7 off for cosmetic reasons, returning once redness and swelling have reduced and scabs have peeled.

### **Possible side effects**

Fractional CO<sub>2</sub>laser is considered a very safe procedure with a low risk of permanent damage.

### **Common side effects:**

- Pain/discomfort during treatment (subsides within 1-2 hours, relieved by cooling and pain medication).
- Redness, warmth, swelling (peaks within 24 hours, then subsides).
- Mild oozing/bleeding (resolves in 1-2 days).
- Temporary redness with visible demarcation lines between treated and untreated skin (fades over 1-3 months).

### **Rare side effects:**

- Bacterial infection: Increasing heat, pain, redness, swelling, pus, fever – seek medical attention immediately.
- Viral infection (herpes flare-up): Painful blisters – usually treated with antiviral tablets.
- Pigment changes: Increased pigmentation (more common in darker skin types or those with pre-existing pigment disorders). May fade spontaneously or require treatment; pigment loss may occur after infection or aggressive treatment and may in rare cases be permanent.
- Scarring and loss of subcutaneous volume: Usually due to infection or overly aggressive treatment, may be permanent.

### **Who should not have fractional CO<sub>2</sub>laser?**

- Pregnant women
- Individuals under 18 years old (for cosmetic treatments)
- Patients prone to keloid scarring

- Patients with active infection in the treatment area

### **Information and consent**

After reading this written information, you will have a consultation where you will receive verbal information and have the opportunity to ask questions. You are welcome to bring a companion.

**Contact us by phone: +45 70 20 70 66 or by mail: [info@cutisclinic.dk](mailto:info@cutisclinic.dk)**

## Clinics

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## Revision of client guide

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