

# EVO CO2 PRO laser treatment

## I. EVO CO2 PRO laser:

### 1. Needed items:

Anesthetic cream, epidermal growth factor (EGF)/moisturizing facial mask/ repair facial mask, wet tissue

### 2. Steps:

- 1). Clean the skin, then apply anesthetic cream
  - 2). After around 30 minutes, wipe the anesthetic cream off, and clean the skin again.
  - 3). Set the parameters, doing the treatment.
  - 4). Redness and swollen is normal after the treatment, and as the anesthetic cream wears out, client also may feel painful, we can apply epidermal growth factor on the treated area. Or apply moisturizing facial mask/ repair facial mask (before using, could put the mask in the refrigerator).
- Keep off water at least 24 hours, client should not wash the treated area in 24 hours, before the skin scabbing.

### 3. Parameters suggestion:

- 1). **Duration:** 2.4-2.6ms, normally don't need to adjust, could adjust the Power to change the energy output. For safe treatment, the duration would be better to be below 2.6ms.
- 2). **Power:** should test the energy before operation, could test by A4 paper how many pcs of paper the laser could penetrate, for example:  
Acne marks: 1 pc (about 0.08mm depth), there is burnt marks on the second paper, but not broken.  
Acne scar: 2 pcs

The following chart is the suggested parameters for reference, and these parameters are more suitable for Asian people, if deeper skin color, should turn down the power; for whiter skin color, could turn up the power. And for experienced doctors, could adjust the parameters according his/her experience.

Items	Power	duration	Overlap	Distance	Repeat	Mode
Rolling scars	5W	2.4	1-2, According the patient's reaction, Until the target tissue turns to be white yellowish-white color	1-2mm	5ms	3
hyperplastic scar	10W	2.6				
Slight Stretch marks	10W	2.4				
Moderate stretch marks	10-15W	2.4				
Heavy stretch marks	15-20W	2.4				

**3. Pictures of the skin after treatment:**



1).The treatment area turns to be like the above picture immediately



2).After the skin scabs, during this period, client should apply facial mask to keep the skin moisture every day, in order to improve the skin healing. (Picture taken at the 2<sup>nd</sup> day)



3). Scabs fall off during 7-15 days, have some difference between different individuals. (Picture taken at the 7<sup>th</sup> day)

#### 4. Tips:

- 1). For Asian people, EVO CO2 PRO laser would easy to cause hyper pigmentation, so it is important to control the energy during treatment, shouldn't be too high, it is better to take more treatments in low energy.
- 2). Inflammatory hyper pigmentation could fade away in 3-9 months, could take hydroquinone cream or Whitening Essence to reduce the pigmentation, take VC & VE orally and topical.
- 3). In half of year after treatment, should pay attention to the sunburn, using sunscreen, wear mask, wear sunhat, or take umbrella when going outside to avoid hyper pigmentation by sunburn.

#### 5. Before and after picture:



## II. VRL- vaginal tightening laser

### 1. Treatment course:

Each session totally do three treatments, the first time, moving outwards 1mm each shots, second time, moving outwards 3mm, the third time, moving outwards 5mm. One month one session, and three session one course.



### 2. Treatment Parameters:

1. Cone-shaped size: 4.5mm-5mm, recommend 4.8mm, normally don't need to adjust it.
2. Overlap: 1th
3. PPS: 1 or 2
4. Scanning: 3
5. Power: 40W
6. Duration: 6-8ms
7. Spot size: 16



### 3. Feelings:

For vaginal, only van feel hot, no discomfort and no pain. And after one week, can enjoy sex life.  
For vulva, a little pain, acceptable

### 4. Treatment effect:

After one session, the patients will enjoy about 1.5-2.5cm tightening.

### 5. No need any anesthesia