



PATIENT INFORMATION

CO₂ Laser

Resurfacing, Mole Removal & Non-Surgical Blepharoplasty

Using the DEKA SmartXide laser — your guide to before & aftercare

CONSULTANT-LED CARE · WATERLOO, LIVERPOOL

WELCOME

Thank you for choosing The Pinewoods Clinic

This guide explains CO₂ laser treatment with the DEKA SmartXide laser, including skin resurfacing, mole and lesion removal and non-surgical blepharoplasty. It covers how to prepare, what happens on the day, how to look after your skin afterwards and when to contact us. Please read it before your treatment and keep it somewhere handy during your recovery.

Every treatment is tailored to your skin. If anything in this guide differs from the instructions your clinician has given you personally, **follow your clinician's advice.**

Your laser team

Mr Rob Laycock

CONSULTANT MAXILLOFACIAL & FACIAL PLASTIC SURGEON • MEDICAL DIRECTOR

MBChB, BDS, PG Cert Ed, FHEA, MFDS, MRCS, FRCSEd • GMC 6145445 • GDC 76318

Mr Laycock has over 20 years' surgical experience and leads The Pinewoods Clinic, with fellowship expertise in eyelid surgery, facial rejuvenation and skin cancer reconstruction. He holds NHS consultant posts at Aintree University Hospital and the Countess of Chester Hospital, is an examiner for the Royal College of Surgeons of Edinburgh and is Training Programme Director for the North West.

Laser treatments at The Pinewoods Clinic are consultant-led. Your treatment is planned by Mr Laycock and delivered by him or by a member of his specially trained laser team, working under his supervision.

How to reach us

Telephone **0151 380 0055** • Email treatment@pinewoodscclinic.com

All voicemails and website contact forms are monitored. See Section 11 for urgent warning signs.

SECTION 01

About CO2 laser treatment

CO₂ laser resurfacing has long been regarded as the gold standard for improving skin texture and the signs of ageing. The laser energy is absorbed by water in the skin, precisely removing damaged surface cells and gently heating the deeper layers. This triggers the skin's natural healing response, producing new collagen that tightens and smooths the skin over the following months.

The DEKA SmartXide laser

At The Pinewoods Clinic we use the DEKA SmartXide CO₂ laser platform (Tetra PRO), supplied in the UK by Lynton Lasers. DEKA's SmartXide technology is one of the most widely researched CO₂ laser systems in the world. Its Pulse Shape Design (PSD®) technology lets us adjust the shape, depth and heat of each laser pulse, so treatment can be tailored precisely to your skin, from a gentle CoolPeel® to deep resurfacing or pinpoint removal of a single lesion.

What it can treat

- ◆ Fine lines and wrinkles, including around the eyes and mouth
- ◆ Sun damage, pigmentation and uneven skin tone
- ◆ Rough texture and enlarged pores
- ◆ Acne scars, surgical scars and other scars
- ◆ Loose or crepey skin on the face, eyelids, neck, chest and hands
- ◆ Benign moles, skin tags and other raised skin lesions

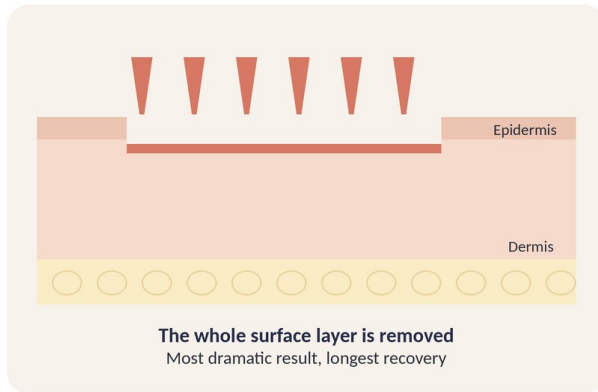
SECTION 02

Your treatment options

The SmartXide laser can be used in different ways, depending on your skin and what you would like to achieve. Your clinician will recommend the right option at your consultation.

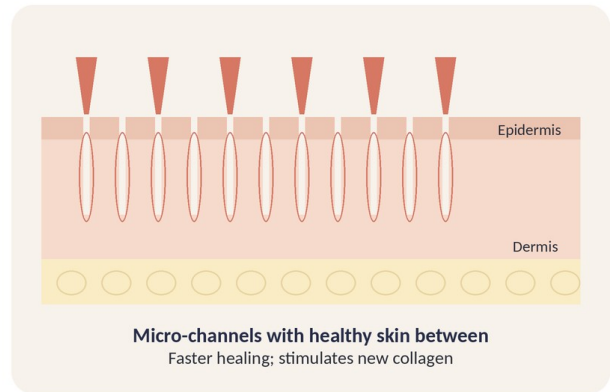
1 TRADITIONAL CO2

Fully ablative resurfacing



2 TINY COLUMNS OF TREATMENT

Fractional CO2 (DOT)



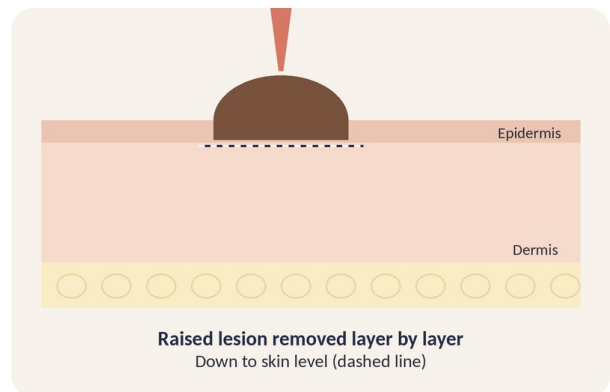
3 SUPERFICIAL, NO-DOWNTIME

CoolPeel



4 PRECISE VAPORISATION

Mole & lesion removal



Simplified cross-sections of the skin. Illustration for guidance only.

Comparing the options

TREATMENT	SOCIAL DOWNTIME	SESSIONS	BEST FOR
CoolPeel®	Redness for 1 to 2 days	Usually a course of 3	Glow, texture, pores, fine lines and mild pigmentation
Fractional CO₂ (DOT)	5 to 7 days	1 to 3, spaced 4 to 6 weeks apart	Wrinkles, acne scars, sun damage and skin laxity
Fully ablative CO₂	10 to 14 days	Usually 1	Deep wrinkles, severe sun damage and texture
Mole & lesion removal	Small scab for 7 to 14 days	Usually 1	Benign raised moles and lesions
Non-surgical blepharoplasty	5 to 7 days	1 to 3, spaced 4 to 6 weeks apart	Crepey eyelid skin, fine lines and mild hooding

Ablative resurfacing

The entire surface layer of the treated area is removed in a controlled way. It gives the most dramatic improvement but needs the longest recovery, and is usually a single treatment.

Fractional resurfacing

The laser treats thousands of microscopic columns, leaving healthy skin in between. This speeds healing and reduces downtime while still stimulating strong collagen renewal.

SECTION 03

Mole and lesion removal

The CO₂ laser can remove many raised, benign skin lesions very precisely. The laser vaporises the lesion layer by layer down to the level of the surrounding skin, sealing small blood vessels as it goes, so stitches are not needed.

Lesions that can be treated

- ◆ Raised, benign moles (intra-dermal naevi)
- ◆ Seborrhoeic keratoses and skin tags
- ◆ Sebaceous hyperplasia, syringomas, xanthelasma and warts

Safety first

Every lesion is assessed by a consultant, usually with a dermatoscope, before treatment. Because laser removal vaporises the tissue, it is only used for lesions that are clearly benign. Where there is any doubt, a sample is sent to the laboratory first, or the lesion is removed surgically so that it can be fully examined. Please see our Skin Lesion Removal guide for surgical options.

Healing

The treated area looks like a shallow graze and forms a small scab, which falls off after 7 to 14 days. Keep it moist with a thin layer of Vaseline until healed.

The final mark

A pink mark remains, fading over 3 to 6 months. There may be a slightly paler or shallow spot. Occasionally some pigment or hair returns and a second treatment is needed.

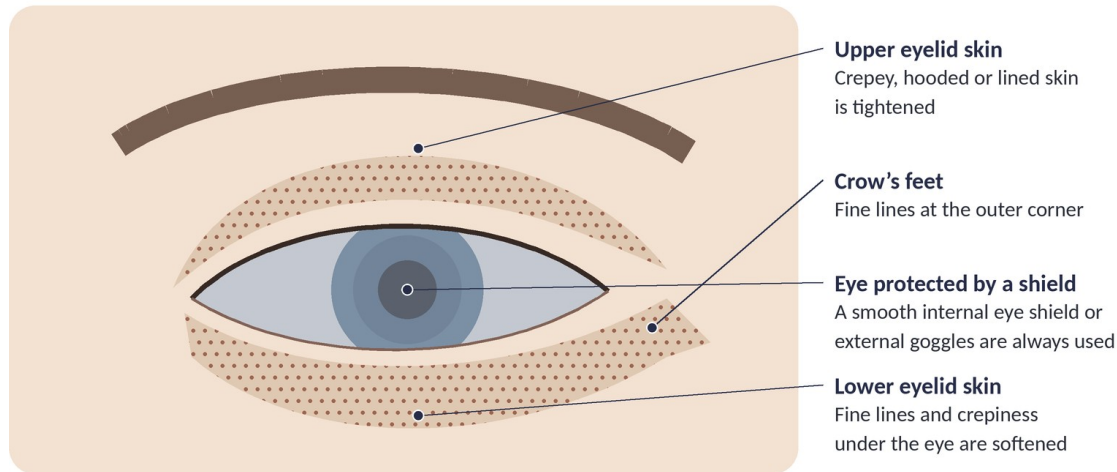
SECTION 04

Non-surgical blepharoplasty

Non-surgical blepharoplasty (sometimes called a laser eyelift or Madonna Eyelift) uses fractional CO₂ laser to tighten and resurface the delicate skin of the upper and lower eyelids and around the eyes. It improves crepey skin, fine lines, crow's feet and mild hooding without incisions.

NON-SURGICAL BLEPHAROPLASTY

Areas treated with fractional CO2



Protecting your eyes

Your eyes are always protected. For treatment close to the lashes, anaesthetic drops are used and smooth protective shields are placed over the eyes.

Recovery

Expect redness, swelling and flaking for 5 to 7 days. The eyelids can look puffy for the first 2 to 3 days, especially in the morning.

Results

Skin looks brighter within 1 to 2 weeks, with tightening building over 3 to 6 months as new collagen forms. A course of 1 to 3 sessions is usual.

Is surgery better for me?

Laser cannot remove fat bags or a large amount of excess skin. If you have significant hooding or bags, surgical blepharoplasty may be the better option. The two can also be combined.

SECTION 05

Preparing for your treatment

At your consultation we will assess your skin type, medical history and medicines, and discuss realistic results. A test patch (with a short wait before full treatment) may be recommended, particularly for darker skin types or if you have had pigmentation problems.

Treatment may not be suitable if you

- ◆ Are pregnant or breastfeeding
- ◆ Have taken isotretinoin (Roaccutane) in the last 6 months
- ◆ Have an active skin infection, cold sore or open wound in the area
- ◆ Have a history of keloid scarring, or a condition or medicine that affects healing
- ◆ Have a recent tan or are planning sun exposure soon after treatment

BEFORE YOUR TREATMENT	WHAT TO DO
4 weeks before	Avoid sun exposure, sunbeds and sunburn in the area. Use SPF 50 daily
2 weeks before	Stop fake tan. Avoid waxing, threading, peels or other treatments to the area. Keep injectables at least 2 weeks apart from laser
5 to 7 days before	Stop retinol, tretinoin, glycolic and other exfoliating acids on the area
If you get cold sores	Tell us — you will be prescribed antiviral tablets to start before treatment
On the day	Arrive with clean skin and no make-up, creams or perfume. Bring sunglasses and a hat

SECTION 06

Risks and possible side effects

CO₂ laser is very safe in experienced hands, but as with any treatment there are possible side effects. Your clinician will discuss those that apply to you.

COMMON

Expected and temporary

- ◆ **Redness, heat and swelling** — like sunburn; lasts from 1 to 2 days (CoolPeel) to 1 to 2 weeks (ablative), with pinkness that can last a few weeks.
- ◆ **Pinpoint bleeding, oozing and crusting** — after deeper treatments and mole removal.
- ◆ **Bronzing, flaking and peeling** — as the treated skin renews, usually from day 3 to 7.

LESS COMMON

Can occur and may need treatment

- ◆ **Darkening of the skin (hyperpigmentation)** — more likely in darker skin types or with sun exposure; usually fades with treatment.
- ◆ **Acne flare or milia (small white spots)** — usually settle with simple treatment.
- ◆ **Cold sore outbreak** — antiviral tablets reduce this risk.
- ◆ **Infection** — bacterial, viral or fungal; treated with medicines.
- ◆ **Prolonged redness or skin sensitivity** — may last several weeks.

RARE

Uncommon but important — see Section 11 for warning signs

- ◆ **Scarring** — or lightening of the skin (hypopigmentation), which can be permanent.
- ◆ **Eye injury** — prevented by eye protection at all times.
- ◆ **Pulling down of the lower eyelid** — very rare after lower-eyelid treatment.

FURTHER TREATMENT

Laser results build gradually, and many concerns — such as acne scars, deeper wrinkles or sun damage — need a course of treatments rather than a single session. After mole or lesion removal, some pigment or a small raised area can occasionally return and may need a further treatment.

Additional sessions or re-treatment may involve additional costs, such as theatre, anaesthetic and surgical fees. Your surgeon will explain this at your consultation and the details are set out in your treatment terms. Please ask if anything is unclear before your operation.

SECTION 07

On the day of treatment

- 1 Your skin is cleansed and photographed, with your consent.
- 2 Numbing cream is applied for 45 to 60 minutes. For deeper treatments, local anaesthetic injections may also be used.
- 3 Protective eyewear or eye shields are fitted.
- 4 The laser is applied in a systematic pattern. You will feel warmth and prickling; a cooling fan and smoke extractor are used for comfort and safety. Treatment usually takes 15 to 30 minutes depending on the area.
- 5 Your skin is cooled and a soothing ointment and SPF are applied before you go home.

Straight after treatment

The skin feels hot and tight, like strong sunburn, for a few hours. After deeper treatments you may see tiny pinpoint dots or light oozing. You can usually drive yourself home after CoolPeel or mole removal. After full-face, eyelid or ablative treatment, it is best to arrange a lift, as swelling can affect your vision and comfort.

SECTION 08

Your recovery at a glance

Recovery depends on the depth of your treatment.

WHEN	COOLPEEL	FRACTIONAL & EYELIDS	ABLATIVE & MOLE REMOVAL
Day 0 – 1	Pink, warm and tight	Red, hot and swollen; tiny dots; light oozing	Raw, oozing and swollen
Days 2 – 3	Skin feels rough, like fine sandpaper	Swelling peaks; skin darkens (bronzing)	Crusting; keep moist at all times
Days 3 – 7	Back to normal; make-up after 24 hours	Flaking and peeling; make-up from day 5 to 7 once peeling ends	New pink skin forming under crusts
Days 7 – 14	—	Pinkness fading; skin looks brighter	Skin healed; make-up once no open areas
Weeks 2 – 6	Next session at 4 weeks	Pinkness settles; next session at 4 to 6 weeks	Pinkness gradually fades over weeks
3 – 6 months	Improved glow and texture	Collagen builds; tightening and smoothing continue	Final result

SECTION 09

Caring for your skin

Your daily routine until healed

- 1 For the first 48 hours, use cool compresses — a clean cloth soaked in cool water — for 10 minutes at a time to ease heat and swelling. Never apply ice directly.
- 2 Cleanse gently two to three times a day with cool water and a mild, fragrance-free cleanser. Pat dry with a clean towel; never rub.
- 3 Keep the skin moist with a thin layer of **Vaseline Pure Petroleum Jelly** or the recovery balm you are given. Do not let the skin dry out and crust over.
- 4 Once the skin has stopped peeling, switch to a gentle, fragrance-free moisturiser.
- 5 Sleep with your head raised on extra pillows for the first 2 to 3 nights, using a clean pillowcase.

Don't pick

Let crusts and flaking skin come away on their own. Picking can cause scarring or pigment changes.

Sun protection

Avoid direct sun for 4 weeks. Once healed, use a broad-spectrum SPF 50 every day for at least 3 months, and wear a hat.

Skincare

Avoid retinoids, acids, scrubs and active products for 2 weeks, or until your skin is fully healed and comfortable.

Make-up

Wait 24 hours after CoolPeel, and until peeling has finished after deeper treatments (usually 5 to 7 days). Use clean brushes and fresh products.

SECTION 10

Getting back to normal

ACTIVITY	WHEN YOU CAN RESTART
Work & socialising	CoolPeel: straight away. Fractional or eyelids: usually 5 to 7 days. Ablative: 10 to 14 days
Exercise & heavy sweating	After 48 hours, or once any open skin has healed after deeper treatments
Swimming, saunas, steam rooms & hot tubs	After 1 week, or once the skin has fully healed
Sunbathing, sunbeds & sunny holidays	Avoid for at least 4 weeks
Make-up	See Section 09
Waxing, threading & peels on the area	Wait 2 weeks, or until fully healed
Anti-wrinkle injections & fillers	Wait 2 weeks
Smoking & vaping	Avoid while healing — they slow skin repair

SECTION 11

When to get help

Complications are uncommon, but it is important to recognise them early.

URGENT — CONTACT US OR GO TO A&E

- ◆ Eye pain, a gritty feeling that does not settle, or any change in vision after treatment around the eyes
- ◆ Swelling of the face, lips, tongue or throat, or difficulty breathing
- ◆ Rapidly spreading redness with fever

CONTACT THE CLINIC PROMPTLY IF YOU NOTICE

- ◆ Increasing pain, heat or swelling after the first 2 days
- ◆ Yellow crusts, pus or an unpleasant smell
- ◆ Small blisters or cold sores
- ◆ A temperature of 38°C or above, or feeling unwell
- ◆ Areas that are still open or raw after 10 to 14 days
- ◆ Raised, firm red areas, or skin becoming noticeably darker

Questions or concerns

Call the clinic on **0151 380 0055**. If the line is busy, please leave a message — all voicemails and website contact forms are monitored and the team will call you back. You can also email **treatment@pinewoodsclinic.com**. Outside clinic hours, call NHS 111 for urgent advice.

SECTION 12

My treatment notes

Your clinician will complete these details with you.

**Treatment (CoolPeel / fractional /
ablative / mole / eyelids)**

Area treated

Date of treatment

Clinician

Test patch date

Next session

Review appointment

Medication to take home

Questions for my review

THE PINEWOODS CLINIC

Crosby Road North, Waterloo, Liverpool L22 0PJ

Telephone **0151 380 0055** • Email **treatment@pinewoodsclinic.com**

pinewoodsclinic.com • Instagram @thepinewoodsclinic • Facebook /PinewoodsClinic

This leaflet provides general information and does not replace the individual advice of your surgeon. Document: PIL-CO2 • Version 1.0 • Issued September 2026 • Review due September 2028.



The Pinewoods Clinic

Crosby Road North, Waterloo, Liverpool L22 0PJ

0151 380 0055

Email: treatment@pinewoodsclinic.com

www.pinewoodsclinic.com

[@thepinewoodsclinic](https://www.instagram.com/thepinewoodsclinic)

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