

PERIOPERATIVE CARBOXYTHERAPY

PERSONAL PATIENT GUIDE

LIFT™

WELCOME TO YOUR

Carboxytherapy Journey

Your surgeon has recommended carboxytherapy as part of your surgical care plan. This guide walks you through everything you need to know: what it is, why it works, and how to use it.

A simple, professional-grade treatment used in-office and in the comfort of your own home.

YOUR DETAILS

PATIENT NAME

SURGEON

START DATE

OFFICE PHONE/CONTACT

What is carboxytherapy?

Carboxytherapy is the therapeutic use of carbon dioxide (CO_2) to support local circulation and oxygen delivery in skin and underlying tissue.

What is CO2Lift® Pro?

CO2Lift® Pro is a professional-grade topical cosmetic gel designed to visibly hydrate, refresh, and revitalize the skin's appearance.

How it works

THE BOHR EFFECT

Carboxytherapy uses carbon dioxide (CO_2), a gas your body naturally produces and exhales, to help revitalize skin.

CO_2 can help increase local blood flow. Higher local CO_2 levels also help hemoglobin—the protein in red blood cells that carries oxygen—release oxygen to nearby tissues. This effect of CO_2 on oxygen release is known as the Bohr effect.

- ✓ Enhances local microcirculation.
- ✓ Boosts oxygen delivery to the skin.
- ✓ Stimulates skin's natural renewal process.
- ✓ Supports your skin's recovery after procedures.

Why was it recommended?

Pre-Procedure Preparation

CO2Lift® Pro has been shown to improve skin hydration and elasticity. Using it before your procedure helps support skin quality as part of your surgeon-directed preparation plan.

Post-Procedure Recovery

After your procedure, CO2Lift® Pro provides soothing hydration to complement your surgeon's recovery care plan. Treatments can be applied by your surgical team and continued at home, following your surgeon's instructions for timing, application, and removal.

Treatment Benefits



Deep Hydration



Increased Oxygen Delivery



Increased Microcirculation



Increased Elasticity



Increased Comfort

From preparation to recovery, CO2Lift® Pro offers a simple, soothing addition to your care, helping you feel confident and comfortable at every step of your journey.

How to use CO2Lift® Pro

Before you start

- Follow the recommendation of your surgeon for timing and application.
- Cleanse and completely dry the treatment area (face, neck, or body).
- Have a small mixing bowl and stir stick ready.

1 

Massage the small packet to soften before opening.

2 

Empty the contents of both packets (1 large + 1 small) into a mixing bowl.

3 

Stir for approximately 1 minute until uniform.

4 

Apply an even, thick layer over clean, dry skin in the desired area.

5 

Leave on for 45–60 minutes.

6 

Remove gently with the stir stick and pat skin dry.

Scan for the instructional video

Tips for Best Results

- Be generous. A thick layer works best. After 45 minutes, the gel should peel away in one smooth sheet. If it flakes or crumbles, use a thicker layer next time.
- Cover a wider area. Apply the gel to the surrounding skin as well as the treatment area, following your surgeon's instructions.
- Know how much you'll need. Follow the guide on page 6 of this booklet. Don't spread the gel thinly to make it go further.
- Use each treatment once. Packets are single-use. Use the full mixture right away and throw away any leftover gel, as saved product won't work as well.

FAQ

Can I use a treatment more than once?

No. Each treatment is single-use. Once mixed, the gel starts working right away and loses its effectiveness over time, so use the full mixture in one application and throw away any leftover gel.

What happens if I leave it on longer than 45 minutes?

The gel is active for 45–60 minutes, so you can remove it any time after 45 minutes. If you leave it on longer, it simply stops working; it won't cause any side effects or reactions. If you notice significant irritation at any point, remove it right away.

Can I use it with other treatments?

Use CO2Lift® Pro as recommended by your surgeon. It can be safely used alongside your pre- and post-operative care routine. Please check with your surgeon before adding any other products to your recovery.

How do I store CO2Lift® Pro?

Store unopened kits in a cool, dry place between 41°F and 77°F (5°C–25°C), away from heat and direct sunlight.

Can I apply it over my stitches?

Yes. CO2Lift® Pro can be applied directly over closed incisions and stitches. Follow your surgeon's guidance on when to start. When removing, lift the gel gently and avoid rubbing or pulling near your stitches. Pat the area dry afterward.

What You Can Expect

- You may notice mild warmth or tingling. Sensations vary from person to person.
- You should not feel any intense burning or pain.

Safety & Caution

- For external use only.
- Avoid direct contact with eyes; if contact occurs, rinse thoroughly with water.
- Keep out of reach of children.

If significant irritation occurs, remove immediately and contact your surgeon.

How much should I use?

1 treatment = 1 large packet + 1 small packet, mixed together

Treatment Area	Number of Treatments
Face (including eyelids and lips)	1 treatment
Neck	1 treatment
Breasts	1 treatment per breast
Arms	1–2 treatments per arm
Abdomen	2 treatments
Thighs	1–2 treatments per thigh
Flanks / Back	2 treatments
Buttocks	2 treatments

Remember



- ✓ Use a full treatment for each area.
- ✓ Don't spread the gel thinly to make it go further.
- ✓ Cover the whole area, not just the incision line.
- ✓ Each treatment is single-use. Throw away any leftover gel.

Treatment diary

Use this diary to track your progress. Bring it to your next appointment.

Treatment	Date	Duration (min.)	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Treatment Notes

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