

coolpeel™

POST CARE Instructions for CoolPeel Laser

Congratulations on completing your Coolpeel treatment! Coolpeel helps to rejuvenate the skin with very limited downtime of 2 to 7 days. You should expect possibly redness and/or swelling. May return to normal daily activities as early as 2 days. Your skin may feel dry and scaly as it heals so it is important to keep the skin hydrated.

Prior to Treatment:

7-28 days prior to treatment (to hydrate your skin and optimize treatment results)

- Hydrate and Protect:
 - Moisturize skin at least 2x a day (AM/PM), apply kojic acid, hydroquinone or azelic acid twice per day if your provider instructs
 - Increase water intake to 8 glasses of water (8oz) or more per day
 - Avoid aspirin, retinoids, tetracycline, naproxen, other photosensitizing medications and topicals.
 - Avoid exposure to the sun, tanning bed and tanning products. Please, use a hat and zinc oxide-based sunscreen of at least SPF 30+.

3-7 days before your treatment

- Prepare your skin:
 - Stop any topical retinoid therapy (7 days prior to treatment)
 - If you have a history of fever blisters, ask your provider about starting an antiviral prophylaxis
 - Avoid exposure to the sun, tanning bed and tanning products minimum 2wks prior to treatment

Treatment:

Day of treatment

- Prep for the treatment:
 - Arrive to office with clean skin in the area to be treated and without jewelry including but not limited to hairspray, makeup, gels, ointments, lotions, skin care products, & perfumes.
 - Do not use an alcohol-based cleanser as it may remove moisture from the treatment area
- Pre-treatment photos will be taken upon arrival for treatment
- Topical numbing will be applied and removed prior to the treatment

During the treatment

- Protective eyewear will be used during the treatment

- A smoke evacuator (sounds like a vacuum) will likely be running to remove smoke from the air
- Air chiller will be blowing on your face during treatment

What to Expect:

- You should expect to feel a warm/sunburn sensation for a day or two after.
- Skin should feel rough like sandpaper for 3-4 days post treatment. Longer if you've chosen a deeper treatment and may peel.
- Skin may be red and swollen mildly too severely.
- Coolpeel can be repeated on a monthly basis until desired results are achieved. The deeper Deka treatment is every 6 to 8 weeks

Post Treatment Care:

- Apply cold compresses with clean water as often as needed with clean cloth each time
- The day of treatment do not apply any topicals or products to the face
- Sleep with a clean pillow case and head slightly elevated
- A cool misting spray may be used for comfort, if needed.
- Starting the day after treatment, please wash the treatment area with gentle cleanser recommended twice daily. Begin TNS moisturizer twice per day or as often as needed. Or moisturizer approved by provider.
- Keep the area hydrated at all times. The more moisture = the better the healing process will be. Do not let the skin dry out. Reapply every 3-4 hours and as needed to maintain a moist environment
- Avoid touching the area, sun exposure, intense workouts and sweating for 48 hours .
- After 48 hours you may leave the house with zinc oxide-based sunblock and allow the sunblock to rest, undisturbed for 5 minutes. You will be sun sensitive for a minimum of two weeks so try to avoid the sun as much as possible and wear a hat when possible.
- Mineral Makeup can be applied 48 hours post treatment.
- If swelling or itching is present, in addition to ice compresses you can take any over the counter antihistamines such as 25-50 mg of Benadryl at night (sedating) or Allegra (fexofenadine)180mg once a day (nonsedating) to help. If swelling is severe (rare), call us and we can call in a prescription for oral steroids can be called in for you.

Makeup Application Post Treatment:

It is best recommended to leave your skin without any make-up for at least 48 hours.

- You can then utilize mineral makeup (Tinted sunscreen or tinted moisturizer) to ensure you maintain clear pores, allowing your skin to breathe and heal properly over time.

Recommended Skincare:

Your medical provider will advise you on the best aftercare products following treatment.

- Let your skin breathe for the first 15-24 hours after treatment, then apply TNS or gentle moisturizer the day after treatment.
- Discontinue use of all retinols for 2 weeks after.
- Cleanse "GENTLY" with the ZO Hydrating Cleanser, or SkinMedica Cleanser after 15-24 hours following treatment.
- A gentle recommended medical grade exfoliator may be used 7 days post treatment (ZO exfoliation polish). *No More than 2 times per a week, non-consecutive days