

PRE and POST TREATMENT INSTRUCTIONS

While many advances have been made to improve the side effects of CO2 treatments, **ONLY** your Coolpeel treatment will deliver a fractional ablative treatment without the downtime. There is minimal risk of hyperpigmentation, demarcation or induced infection.

PRE-TREATMENT INSTRUCTIONS:

- Avoid Sun Exposure for 4 weeks
- Suspend use of Accutane for 6 months
- Suspend Retinol Products for 7 days pre & post treatment
- No Aspirin for 7 days prior
- If history of cold sores, take Valacyclovir 500 mg, 2 capsules 12 hours before procedure, then 1 daily for 5 days (Notify us at time of scheduling)

POST-TREATMENT INSTRUCTIONS:

- Patient should feel a warm / sunburn sensation for about an hour posttreatment.
- Apply Serum every few hours until gone
- A thin layer of Aquaphor should be applied on the treated area 2 hours AFTER treatment (After Serum)
- Keep the area hydrated with Aquaphor. Do not let the skin dry out.
- Sleep with a clean pillowcase and head slightly elevated
- Avoid sun exposure, intense workouts and sweating for first 48 hours.
- Avoid touching or cleaning the area for 24 hours.
- Skin should feel rough like sandpaper for 3-4 days post treatment.
- Mineral Makeup can be reapplied 24-48 hours post treatment. Powder is best, use a clean, new applicator.
- A cool misting saline spray may be used for comfort and to promote healing.
- After 24 hours you can wash area with a gentle cleanser

Makeup Application Post Treatment

It is best recommended to leave your skin without any make-up for at least 24 hours. You can then utilize mineral makeup to ensure you maintain clear pores, allowing your skin to breathe and heal properly over time.

Anticipated Downtime

One of the main benefits of a Coolpeel, is that there is minimal downtime. You should expect to be a little red, as if you have a sunburn, for a day, or two, but nothing should prevent you from returning to your normal daily activities. Your skin may feel dry and scaly as it heals so it is important to keep the skin hydrated. Coolpeel can be repeated monthly until desired results are achieved

If you have any Questions or Concerns call: **(305) 615-4945**