



VIRTUE<sub>RF</sub>



ReNU MD  
LIVE YOUNG  
recover revive restore

coolpeel™

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## DUO PRE and POST TREATMENT INSTRUCTIONS

### **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, take 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
- Avoid touching treated area and do not apply anything to area for 24 hours
- After 24 hours you may wash area with a gentle cleanser
- Beginning day after treatment, may apply Serum every few hours as tolerated
- After 2-4 days post treatment, you may apply Mirocurrent Dual Facemask for hydration and nutrients
- After 48 hours you may apply Aquaphor or other gentle moisturizer to hydrate skin
- Sleep with a clean pillowcase and head slightly elevated
- Avoid sun exposure, intense workouts, heat and sweating for first 48 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

### **Anticipated Downtime**

You should expect to be a little red, as if you have a sunburn, for a day, or two, you may also swell slightly, especially the morning after. Your skin may feel dry and scaly as it heals so it is important to keep the skin hydrated. The DUO treatment can be repeated monthly until desired results are achieved.

