



CoolPeel Laser Pre & Post Treatment Instructions

Pre-Treatment

- Avoid sun exposure for 4 weeks before your treatment, and no self-tanner/spray tan on area to be treated for at least 3 weeks.
- No Accutane for 5 months.
- Avoid medications that promote bleeding/bruising for 7 days (aspirin, ibuprofen, Motrin, Aleve, Advil, vitamin E, fish oils).
- Notify your provider of any medication changes.
- Please come to your appointment with a clean, makeup free face.
- Discontinue retinols, Tretinoin, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment.
- 5 days before your treatment, increase your water intake. The more hydrated your skin is, the better your results will be!
- If your face is being treated and you have a history of facial cold sores, please let us know. You will be given a prescription for Valtrex to prevent an outbreak.
- If you were instructed in your consultation to pre-treat your skin, you are required to follow the regimen provided to you. Failure to use the pre-treatment products as directed will result in not being treated.
- Anticipate it taking 3-6 months after your final CoolPeel or CO2 treatment to see complete results. Additional treatments are often required to achieve desired results.
- Injections like Botox/Dysport or fillers can be performed up to 48 hours before. If considering injectables after laser, we recommend waiting 2 weeks.

Post-Treatment

How you care for your skin after treatment is important. Only use the products provided to you in your kit while your skin is healing.

Day 1

You should expect to look and feel as if you have a sunburn, for a day or two.

- Gauze or a clean washcloth moistened with cold water can be applied to the skin to help remove heat from the treatment area. Do not rub or wipe your skin. Apply Alastin Ultra-Light Moisturizer after.
- Reapply moisturizer as needed. You want to maintain a moist environment.
- Before bed, gently wash the treated area with Ultra Calm Cleansing Cream and tepid or cool water. Gently pat skin dry. Apply a thin layer of Regenerating Skin Nectar, then Ultra-Light Moisturizer.

Day 2-5

- Wash the treated area with Ultra Calm Cleansing. Gently pat skin dry. Apply a thin layer of Regenerating Skin Nectar, then a thin layer of Soothe + Protect Recovery Balm. Wait 10 minutes then apply sunscreen SPF 30+ (during the day). Repeat these steps AM and PM.
- Your skin will feel dry and scaly as it heals. Reapply a thin layer of Ultra-Light Moisturizer and/or Soothe + Protect Recovery Balm as needed to maintain a moist environment.
- Do not use any topical products that have not been discussed with your provider.
- Do not scrub your skin.
- Avoid exercise, sweating, excessive heat, saunas, hot tubs, etc. for 2-4 days.
- It's best to avoid makeup for 2 days. We recommend using a mineral makeup after day 2 until your skin is fully healed.
- Avoid the use of scrubs/exfoliants for 5-10 days (or until sandpaper texture has resolved).
- Avoid sun exposure for 2-4 weeks to reduce the risk of hyperpigmentation.
- Use a SPF 30 or higher that contains Zinc and/or Titanium.
- Sleep with a clean pillowcase.
- CoolPeel treatments can be repeated monthly until desired results are achieved.

Please call our office if you have any questions or concerns 404-832-0300