



### *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 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 SkinCeuticals Advanced RGN-6 after.
- Reapply moisturizer as needed. You want to maintain a moist environment.

1 hour before bed, gently wash the treated area with SkinCeuticals Soothing Cleanser and tepid or cool water. Gently pat skin dry. Apply Advanced RGN-6.

### Day 2-5

- Wash the treated area with Soothing Cleaner. Gently pat skin dry. Apply Advanced RGN-6. 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 Advanced RGN-6 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***