



## CoolPeel Max/Smartxide Tetra CO<sub>2</sub> Pre and Post Treatment

### Pre-Treatment:

1. Cold Sores? Notify us if you have a history of cold sores (herpes infections) for a prescription for antiviral medication at least 72 hours before your scheduled treatment. You will be instructed to start the medication the night before the treatment and will continue taking it for 6-7 days after your treatment.
2. NO SUN! Sun and UV lamp exposure should be avoided for one month prior to treatment for full face CO<sub>2</sub> laser. You will be charged a cancellation fee if we do not receive at least 24 hours' notice to cancel your appointment due to sunburn.
3. If you tend to hyper pigment, please notify us 2 to 4 weeks in advance so we can prescribe a melanin suppressor for you to apply prior to your treatment.
4. Stainless steel ocular shields may be inserted for safety measures when the area around the eyes is treated. Please remove contact lenses prior to your arrival.
5. Topical numbing ointment will be applied prior to your treatment. You must plan to arrive 45-60 minutes before your scheduled appointment to wash the treatment area and apply the numbing ointment.
6. If you have a long ride home, bring a cooler of ice in baggies for afterwards.
7. Stop all prescription or over the counter retinoids, retinols, or any other anti-aging products 7 days prior to the procedure. Make sure we know of all current medications you are taking.
8. Avoid waxing for 1 week before and 4-8 weeks after treatment.
9. For proper healing you need to be healthy. Let us know if you have had any health issues especially diabetes.
10. Make sure to really hydrate with water before and after the treatment!
11. Morning of the procedure arrive on time for your laser treatment with freshly cleaned skin. Male patients should shave the morning of their treatment. Do not wear contact lenses or jewelry during your treatment if your face is the intended treatment area. If needed, bring your eyeglasses.
12. Bring one tablet of any over-the-counter antihistamine (Zyrtec, Claritin, Allegra, Xyzal) to take 1 hour before the procedure.
13. Bring one tablet of any over-the-counter antihistamine (Zyrtec, Claritin, Allegra, Xyzal) to take 1 hour before the procedure.
14. Eat a solid meal. Dress in comfortable clothes with a loose-fitting, low-cut shirt if treating the chest, or neck areas.

### CONTRAINDICATIONS

- Sun exposure, not less than 2.5 weeks prior to treatment
- We absolutely cannot apply treatment over sunburned, actively infected, broken skin, active rashes, raw or irritated skin.
- Medications that cause light sensitivity
- No Accutane use in the past six-month period.
- Retinoids
- Anticoagulants
- History of keloid scarring
- Compromised immune system
- Any history of vitiligo, scleroderma, lupus



- Any conditions triggered by the sun or heat
- Collagen disorders, radiation treatment to the treatment area(s), psoriasis, scarring
- Pregnancy/nursing
- Active infections in the treatment area
- Skin cancer/pre-cancerous lesions in treatment area
- Active cold sores/open lacerations
- Tattoo in treatment area
- Abnormal moles/skin conditions
- Present rash
- Please notify the office no less than 24 hours prior to your treatment if you have any open sores, or any other of the above contraindications in the areas we will be treating as it may require rescheduling your treatment.

#### **Post treatment:**

- Heat sensation and swelling:
- ICE: You will have a “hot” or sun-burned feeling for the first few hours after treatment and the cold packs help greatly. After that, most patients do not usually experience any real discomfort, although you may continue to have a tight, swollen, flushed or sunburned sensation for up to 12 hours. Ice is your best friend; you cannot ice too much (20 min at a time)!! More aggressive treatments may have more discomfort, heat and swelling. Some people have a strong inflammatory response, even the lightest settings can produce the same.
- ANTIHISTAMINE: If swelling or itching is present, in addition to ice compresses you can take any over the counter antihistamines such as Allegra 180mg, Zyrtec 10mg or Xyzal 5mg once a day in am and Benadryl 25-50mg at night to help.
- SEVERE SWELLING: If swelling is severe (rare), please notify the office.
- ELEVATE: During the first few nights it may be helpful to reduce swelling by sleeping on your back, with a few clean pillows to elevate your head.
- NSAID: Advil (ibuprofen) 600 mg with 2 Extra -Strength Tylenol (acetaminophen) can be taken every 6-8 hours as an anti-inflammatory to help decrease discomfort and swelling (if you have a medical reason to avoid them let us know).
- PRESCRIPTION MEDICATIONS: For more aggressive treatments we may give prescription medications for inflammation, pain and sleep. Use these as directed. \_\_\_\_\_  
\_\_\_\_\_
- H2O: Make sure to really hydrate with water before and after the treatment!
- Avoid direct sun exposure for 1 month after treatment.
- Avoid exercise, saunas, steam rooms and hot showers for 72 hours after treatment.

#### **Cleansing and Protecting Your Skin:**

1. Day of procedure: Avoid touching your face. You may apply ice packs as needed. Apply healing ointment or cream every 4 hours while awake to keep the skin moist. Take antihistamines and NSAIDS as needed and sleep elevated on clean pillowcase. You can mist your face as needed for comfort.
2. Starting the day after treatment. **Keep skin clean, protected and moist.** You can gently wash your face every 6 hours while awake, using luke-warm or cool water and, if desired, a gentle cleanser only. Let the cleanser take off any debris gently with your fingertips while washing. Do not rub, scratch, scrub or wash aggressively with your fingers or a washcloth. Do not use anything abrasive or exfoliating on the treated area(s) such as a loofah, facial brush,



Clarisonic or ultrasonic cleaners, sponge, or any other soap applicator for at least 4 weeks after treatment. Do not use hot water, anti-aging or aggressive washes or cleansers for at least 4 weeks after treatment, or when your skin feels like it is completely healed and back to its baseline condition.

3. You may shower and wash hair but avoid excessively hot water for at least 3 days.
4. To prevent infection, apply the supplied hypochlorous spray or a diluted vinegar spray or soak made with 1 cup distilled water and 2 tablespoons of white vinegar **at least 3** times a day to freshly cleansed skin. It can be applied more often if it is soothing.
5. After cleansing with cool water or mild cleanser, apply the hypochlorous spray or diluted vinegar solution, let sit a few minutes then apply the healing ointment or cream with clean hands. For the first 72 hours apply a thin layer of this ointment/cream at least every 4 hours while awake or as often as necessary to keep a thin layer on constantly. Do not let the skin dry out. Do not pick, scrub or itch the skin.
6. Sleep with the head elevated on a clean pillowcase.

#### **Post Treatment Skin Changes:**

1. Some people can develop little pustules or pimples the first 24-72 hours. It's also not uncommon to experience flare-ups of acne or formations of milia (tiny white bumps on the skin) 2-3 weeks later. If these develop, please do not touch them, or try to pop them because you can cause infection and possibly scarring! Let us know if this happens so we can consider adding a prescription antibiotic.
2. Your skin will go from pink to dark pink and become dry with fine flaking over the next 3-7 days. The degree of pink depends on the aggressiveness of the treatment as well as your inflammatory response. The laser delivers energy into the skin in the shape of a square or rectangle generally. Your skin will possibly have little pink/red square or grid marks from overlapped areas and other areas that look like they have been skipped over or untreated. This is expected.
3. It is normal for your skin to have lighter and darker areas as it heals. The skin will likely heal unevenly, with the eyes, mouth, chest, neck, and hand areas taking longer to heal.

#### **Makeup Post Treatment:**

1. Clean mineral makeup or mineral tinted sunscreen can be applied over the treated areas after 48 hours (for Cool Peel, not Tetra). If you received a more aggressive Tetra CO2 treatment, do not apply makeup until the skin has completely healed and is no longer dry (7-10 days). Eye makeup may be worn after 36 hours if eyelid swelling is not present or may be resumed after the swelling has resolved. Do not use contaminated or dirty/used makeup brushes, sponges or other reusable makeup applicators when applying makeup, use only single use, clean, disposable applicators for the first 2 weeks.

#### **AFTER 72 HOURS (or longer if more aggressive treatment) Post-Care:**

1. Continue to keep skin clean, protected and moist. You may begin the Post Procedure Kit when your skin feels ready. Do not rub, scratch, or pick at your skin as it begins to get dry and flaky. NO use of scrubs, anti-aging products, acne products, retinoids, acids, exfoliation, microdermabrasion, chemical peels, micro-needling or any other exfoliative or anti-aging treatments for at least 4 week or when your skin feels it is back to baseline. Protect your investment!!
2. No unprotected sun exposure until all pinkness is gone and then for at least 4 weeks after that (preferably forever), as it can cause permanent scarring and pigmentation changes. Wear a physical mineral only sunblock containing only zinc and/or titanium, beginning the next day after treatment. Reapply every 60-90 minutes when outside and use large-brimmed hats when able.
3. You may continue to use the healing ointment/cream as needed to keep the skin moist.
4. No waxing of the treated area for at least 4 weeks after treatment.



**EXPECTATIONS Just to Reiterate:**

1. Redness and swelling WILL HAPPEN! For a few it may be moderate to severe. Depending on your body's inflammatory response, your eyelids could swell almost to the point of closure and this can happen even with the lowest settings.
2. Remember it is normal to look worse DAYS 2-3 after the procedure! However, if blistering, extreme redness and swelling, signs of burns, ulcers, infection, smell, or anything you are concerned about occurs, notify us immediately.

**Abnormal Healing:**

If you notice any blisters, burns, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other questions or concerns, please contact us immediately. Post-treatment healing varies from patient to patient.