



CoolPeel/CoolPeel Plus Pre and Post Treatment

Pre-Treatment:

1. NO SUN! Sun and UV lamp exposure should be avoided for 2-4 weeks prior to treatment. You will be charged a cancellation fee if we do not receive at least 24 hours' notice to cancel your appointment due to sunburn.
2. 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.
3. 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.
4. Stop all prescription or over the counter retinoids, retinols, or any other anti-aging products 48 hours before treatment. Make sure we know all medications you are taking.
5. Avoid waxing for 1 week before and 4-8 weeks after treatment.
6. Make sure to really hydrate with water before and after the treatment!
7. 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.
8. Eat a solid meal. Dress in comfortable clothes with a loose-fitting, low-cut shirt if treating the chest, or neck areas

Post Treatment Care:

1. You will feel a warm / sunburn sensation post treatment.
2. A light, non-burning, cream-based moisturizer should be used on the treated area as needed
3. You may cleanse and treat your skin with your post procedure kit.
4. Keep the area hydrated with the moisturizer. Do not let the skin dry out.
5. Sleep with a clean pillowcase and head slightly elevated.
6. Avoid sun, intense workouts and sweating for at least 48 hours.
7. Do not expose the treated area to anything that may cause complications (dirt, pets, etc.) as advised by your provider.
8. Skin should feel rough like sandpaper for 4-7 (or more based on treatment area) days post treatment.
9. A cool misting spray may be used for comfort, if needed.
10. Makeup Application Post Treatment It is best to leave your skin without any make-up for at least 24 hours. You can then utilize a clean applicator to apply mineral makeup to ensure you maintain clear pores, allowing your skin to breathe and heal properly over time.
11. You may resume your normal skin care routine after 7 days or when you skin feels back to baseline.

Anticipated Downtime

One of the main benefits of this treatment is the 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. You may repeat treatments every 4 weeks as needed to achieve desired results.