

COOLPEEL

PRE AND POST CARE



PLEASE REMEMBER TO ARRIVE 45 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME TO NUMB.

The CoolPeel is a laser skin resurfacing treatment that uses the SmartXide Tetra CO2 laser. This ablative laser treatment can improve the appearance of fine lines and wrinkles, enlarged pores, uneven skin texture, and other signs of sun damage without causing thermal damage to the surrounding tissue, allowing for faster recovery and less downtime than with most ablative lasers.

All patients that suffer from "cold sores" will be given medication to prevent them. You will need to take 500mg by mouth twice daily starting the day prior to your treatment and continue for 5 days post-treatment.

PRE-TREATMENT CARE:

12 Months Prior to Treatment Stop the Use Of:

Accutane® (Isotretinoin)

2 Weeks Prior to Treatment Stop the Use Of:

Tanning or Sun Exposure

Complementary/Supplemental Treatments such as IPL, Laser Hair Removal and Chemical Peels

7-10 days Prior to Treatment Stop the Use Of:

Retinols: Retin A, Tazorac®, "Anti-aging" Products

Glycolic or Salicylic Acid products

Abrasive scrubs

Waxing

Microdermabrasion Treatments

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WHAT TO EXPECT DURING YOUR PROCEDURE:

On the day of your procedure please arrive without makeup and contact lenses and wear a lower-cut, buttoned shirt. When you arrive at the office pre-procedure pictures will be taken. A topical anesthetic will be applied to the areas being treated and will be left on for about 30-45 minutes. The treatment takes approximately 30 minutes.

*You will be red and notice a significant amount of swelling. It is best not to schedule this treatment within a week of any big events or social engagements.

WHAT TO HAVE READY AFTER YOUR TREATMENT:

Hair Bands or Ties: To keep hair off your face and neck. They should be soft and not too tight, as you may need them to keep them on for the remainder of the day.

Ice: Bags of frozen peas work as well as ice packs. Icing post treatment will help reduce swelling.

AnteAGE BioGel: You will be given an occlusive ointment to apply after your treatment.

POST-TREATMENT CARE:

Congratulations on completing your CoolPeel treatment! CO2 lasers are the gold standard in treating wrinkles, age spots, acne scars, and other blemishes as well as tighten skin and balance tone. Damaged skin tissue is removed, or ablated, stimulating new collagen production and heat energy is delivered to tighten the skin. Sounds great but CO2 treatments are often accompanied by considerable downtime and risk while damaged skin heals.

While many advances have been made to improve the side effects of CO2 treatments, ONLY your Coolpeel treatment will deliver a fractional ablative treatment without the downtime. There is minimal risk of hyperpigmentation, demarcation or induced infection and below is what you can expect.

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DAY OF TREATMENT:

Keep skin covered with a light layer of BioGel ointment. Reapply as needed.

Sleep with a clean pillow case and head slightly elevated.

Avoid sun exposure, intense workouts and sweating.

Avoid touching or cleaning the area for 24 hours.

DAY TWO:

Wash face with a gentle cleanser and apply BioGel ointment both AM & PM.

Skin should feel rough like sandpaper for 3-4 days post treatment.

A cool misting spray may be used for comfort, if needed.

DAY THREE-SEVEN:

Wash face with a gentle cleanser. Approved to apply moisturizer and SPF.

Mineral Makeup can be reapplied 24-48 hours post treatment.

MAKEUP APPLICATION POST TREATMENT:

It is best recommended to leave your skin without any make-up for at least 24 hours. You can then utilize mineral makeup to ensure you maintain clear pores, allowing your skin to breathe and heal properly over time.

ANTICIPATED DOWNTIME:

One of the main benefits of a Coolpeel is that there is 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.