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## COOL PEEL PRE-TREATMENT INSTRUCTIONS

### One Month Prior to treatment:

- One month prior to treatment:
  - Increase hydration by moisturizing with a thick moisturizer twice daily, ensure that water intake is at least 8 glasses of water daily
  - Avoid significant sun exposure

### One week prior to treatment:

- Stop using all topical retinoids

### Day before appointment:

- Start antiviral prophylaxis, beginning the day before your appointment

### Day of appointment:

- Wash face and remove all makeup and cosmetic products
- Arrive 1 hour prior to appointment for pretreatment photos and topical numbing cream to be applied

### Supplies to obtain before Laser treatment:

- ☐ Petroleum based product such as Vaseline or Aquaphor
- ☐ Prescription for antiviral prophylaxis if applicable
- ☐ Gentle Cleanser
- ☐ Over the counter pain relievers such as Advil or Tylenol
- ☐ Gauze
- ☐ Distilled water- if on well water, otherwise tap water to wash face is acceptable
- ☐ Lubricating eye drops if prone to dry eyes
- ☐ High SPF sunscreen
- ☐ Ice packs

Please call our office 941-926-2300 with any questions or concerns!

