



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

COOL PEEL LASER AFTERCARE INSTRUCTIONS

Day of the treatment:

- You will experience a burning sensation that may last several hours
- The treatment area may have a “sunburn appearance” during the first day and a fine scale will begin to form

Skincare following the treatment:

- Wash face twice daily using tap water or distilled water (if on well water) and a gentle cleanser
- Gently blot face with a clean towel or gauze
- Once face is dry, apply a petroleum-based product such as Vaseline or Aquaphor multiple times per day for the first several days following treatment, after several days you may reduce petroleum jelly application to twice daily until completely healed

What to expect during the healing process (up to one week):

- There is very little down time associated with the Cool Peel laser, though some redness is to be expected may last up to several days following the procedure
- A fine scab will be formed in the treatment area, giving a feeling similar to sandpaper, this promotes the healing process, do not scrub, pick or exfoliate this off, let your body naturally slough this skin off
- Normal pinpoint bleeding may occur following treatment, gently pat areas dry
- Swelling may occur, we recommended to apply ice packs to the treatment area 10-15 minutes at a time several times a day for the first day following treatment
- Sleeping slightly elevated with 2-3 pillows may reduce swelling of treatment area
- If you have a history of cold sores, please continue taking antiviral medication as directed
- Over the counter Tylenol (Acetaminophen) or Advil (Ibuprofen) can help with pain and inflammation, please take as directed
- If experiencing dryness of the eyes, over the counter eye drops will help with lubrication
- Do not use sauna, swimming pool, hot tub or exercise for at least 4 days following the procedure
- Reduce sun exposure as much as possible during this time, as your skin will be very sensitive, once your skin has healed it is recommended to use SPF 30 or higher when going outside
- Do not wear makeup until completely healed, make sure to clean makeup brushes and sponges prior to using makeup
- You may resume your normal skin care regimen after you are completely healed (at least 4 days after the procedure)

One month following procedure:

- Follow up appointment with our office to evaluate the treatment results

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