

PRE-INSTRUCTIONS FOR COOL PEEL

Cool Peel CO2 laser is a revolutionary device that helps restore your skin's youthfulness by reversing the signs of aging and sun damage. The Cool Peel will help improve sun damage, texture, fine lines and wrinkles, pigment, and skin laxity. For the ultimate result, it is recommended that you do three procedures at one-month intervals.

In order to achieve your best results, you will be screened by our nurse practitioners to ensure that you are an appropriate candidate for the procedures. You are NOT a candidate for either procedure if you are pregnant or nursing, or if you have a tattoo, an active rash, skin infection, skin cancer or an abnormal lesion in the treatment area.

Please follow the guidelines below before your procedure:

1. Avoid direct sunlight on your face for 2-4 weeks prior to your treatment. When out in the sun use an SPF of at least 30 at all times. Avoid the use of self-tanner on the treatment areas. Diligent use of SPF 50 is required after the procedures to avoid hyperpigmentation and to maintain your results.
2. You must be off Accutane for 4-6 months prior to the procedure.
3. Avoid the use of Aspirin or other blood thinning products such as Motrin, Aleve, or other NSAIDS for 7 days prior to treatment. If you are on prescription blood thinners, be sure to notify our nurse practitioner as it may be necessary to discontinue these medications.
4. Avoid Botox or fillers for two weeks prior to the procedure and for 2-3 weeks afterwards.
5. If you have a history of cold sores, notify your provider as it may be necessary to pre-treat with an antiviral medication before undergoing your procedure.
6. Increase your fluid intake in the days ahead of your procedure so that your skin is well hydrated.
7. Do not wear jewelry such as earrings or necklaces on the day of the procedure.

POST COOL PEEL INSTRUCTIONS

Following your procedure your skin will be red for 24-48 hours and will feel dry and tight. After the first day or two, the skin will have a sandpaper feel to it. This is completely normal and to be expected. You may also experience some mild swelling, especially the day following your procedure. Within 6-7 days, your skin will return to normal. Although you will begin to notice a difference in your skin quickly, final results will not be achieved for approximately three months.

Please follow the instructions below following your procedure:

1. Do not wash your face or apply products for the first 24 hours. You may apply a thin coat of Aquaphor if your skin feels dry or tight.
2. Sleep with your head elevated for the first night or two to avoid excessive swelling.
3. After 24 hours, you may wash your face with cool water and begin using sunscreen or makeup. An SPF of 50 is highly recommended at all times.
4. Avoid strenuous exercise, saunas, or sweating for 48 hours.
5. No tanning or sun exposure for at least two weeks. If you cannot avoid being in the sun wear a hat and sunscreen.
6. Do not exfoliate for 7 days.
7. Avoid retinols for 7 days.
8. Notify the office if you have any questions or concerns. The office phone number is 980-218-9496.