

# CoolPeel Post-op Instructions

## Before Treatment

- **1week prior to appt:** Discontinue the use of any retinol/retinoid containing products.
- If you have a history of cold sores, please let us know in advance. You will be given a prescription for Valtrex to prevent an outbreak. Please take 1 g **the night before** and 1 g **the morning of your treatment**.

## After Treatment

Redness and swelling will increase over the first few hours following treatment. This is normal and to be expected. It is also normal to feel a “sunburn like” sensation following the treatment.

\_\_\_\_ If PRP was applied after your treatment, you should leave it on the area for at least 2 hours. After that time, you can wash it off with water and a gentle cleanser and then apply the skincare as recommended below.

\_\_\_\_ If Alastin Skin Nectar was applied after your treatment, you should leave it on. You can begin the additional skincare recommended below before bed.

- There may be areas of pinpoint bleeding immediately after treatment. This is normal and can be cleaned with a clean cloth and tepid water.
- Exercise and sweating are prohibited the rest of the treatment day. Exercise can be resumed the following day.
- The worst of the swelling is typically seen the morning after the treatment and will slowly subside in the days following. Not all patients experience swelling, and it is usually minimal in those that do. For those with swelling, the following is recommended:
  - Ice packs
  - Twice daily antihistamines: Claritin or Allegra in AM | Zyrtec or Benadryl in PM
  - Anti-inflammatory such as Advil, Motrin, Ibuprofen (600mg 3 times a day with food to avoid upset stomach)
  - Sleep with head elevated on pillow (head above the heart)
- The treated areas may be temperature sensitive, so lukewarm water when cleansing is recommended.
- Avoid sun exposure for 2 weeks. When outdoors, wear a protective hat/visor. Sunscreen should not be applied the day of treatment. The day after treatment, a mineral based SPF should be applied along with a protective hat/visor. SPF should be reapplied every 2 hours.
- Avoid any retinol/retinoids or exfoliating products for one week post treatment.
- Makeup is prohibited the day of treatment

## Skincare After Treatment:

- Wash twice a day (morning and bedtime) with a gentle cleanser (this is not provided but some suggestions include Skin1765 Nourishing Cleanser, CeraVe Hydrating Facial Cleanser or Cetaphil Gentle Skin Cleanser)

- **Day of Treatment at Bedtime:**

\_\_\_\_ Avene Cicalfate+ Restorative Cream | LaRoche Posay Cicaplast Balm

\_\_\_\_ Vanicream Moisturizing Ointment | Aquaphor | White Petrolatum

\_\_\_\_ Other(s): \_\_\_\_\_

## Until Dryness Resolves (5-7 days):

- Continue applying the moisturizers mixed together in the morning and at bedtime.
- SPF should be applied in the morning after the moisturizers. Reapply every 2 hours if outside
- The moisturizers should be applied multiple times a day as needed to keep skin “glistening” all waking hours.
- Your skin should never feel tight or dried out. If it does, you should apply the moisturizers more frequently.

Please call 773-276-1100 or contact us through Klara with any questions or concern