

COOL PEEL CO2

What can I expect after Cool Peel CO2 treatment?

Your CoolPeel treatment will deliver a fractional ablative treatment with minimal social downtime. You should expect to have red skin as if you have had a sunburn for a couple of days. Your skin may feel dry and scaly as it heals, it is important to keep it hydrated. Proper pre and post-care is an important part of the treatment and will help to ensure the best possible results.

Pre-treatment:

- Avoid sun exposure for 4-6 weeks before and do not apply self-tanner for at least one week prior to treatment.
- Discontinue all products containing Retinol, Glycolic, Alpha/Beta Hydroxy Acids, and exfoliants for one week prior to treatment.
- Patients should be off Accutane for a minimum of 6 months prior to treatment.
- Please arrive at your appointment with clean skin.
- If you have a history of cold sores, start antiviral medication 1 day before treatment and continue as directed.
- Men should have a cleanly shaven face the night before or the morning of the procedure - without visible stubble.

Post Treatment:

- A sunburn sensation may linger for 12-24 hours after the procedure is completed.
- Keep a very thin layer of Aquaphor on as needed for up to 3 days post-procedure. Do not let the skin dry out.
- Avoid makeup and sunscreen for a minimum of 48 hours post-procedure. After this time, mineral makeup and sunscreen are recommended.
- Sleep with a clean pillowcase and head slightly elevated. Mild swelling may occur upon awakening for the first 48 hours post-treatment.
- Avoid applying 'active' ingredients to the skin for 1 week- this includes Benzoyl Peroxide, Salicylic Acid, Alpha-Hydroxy Acid (AHA), Beta-Hydroxy Acid (BHA), Retinol, Vitamin C, and Alcohol-based toners.
- Avoid direct sunlight for 48 hours after your treatment & wear 50 SPF sunscreen thereafter to protect the skin.
- You may resume retinol products 7 days after your procedure.
- Avoid strenuous exercise for 24 hours after your treatment.
- Avoid hot tubs, saunas, and steam rooms for 1-week post-procedure.