

CoolPeel

Prior to treatment (good idea to start several weeks before)

- Start on a retinol or retinoic acid which increases cell turnover and allows the skin to heal quicker post ablative.
- STOP this 5 day prior to treatment (we will resume post treatment at day 5)
- Begin Deep Hydration (Cetaphil Deep Hydration) with hyaluronic acid/Vitamin E and Vitamin B (found at drugstore).
- Post treatment we will also add on a hydroquinone if you have olive skin (or skin that tends to hyperpigment)

Prior to Arrival

- STOP Retinol or Retinoic Acid 5 days before (not a problem if not, just the skin may be a touch more sensitive when applying numbing cream).
- Begin **Valtrex** starting 1 day before procedure and continue the day of procedure and 1 day after procedure (total of 6 tablets).
- **Pick up your numbing RX from Neils Pharmacy** (704-947-3220. Address: 9801 Kincey Ave. Huntersville) and bring with you.
- Please **DO NOT** wear contact lenses to treatment, wear glasses instead.
- Prepare cold compresses, 1 day before by taking washcloths and running under distilled water and ringing out and placing in freezer. When you get home, use these cold compresses every 45 minutes for 5 min at a time as this minimizes swelling substantially.
- Please pull hair back (rubber band or head band) and no mascara on day of treatment.

After Treatment:

Immediately post treatment, the skin will be cooled with chiller. You will feel a sunburn like effect (heat for 1-6 hrs). Continue with cold compresses at home.

- Emollient will be placed on the skin in the office and continue with Vaseline (Aquaphor can cause allergic reaction from Lanolin) for 48 hours post treatment, or longer if needed. If you have a tendency to "break out" go back to Cetaphil Deep Hydration instead of Aquaphor or Vaseline
- When higher settings done, we recommend for the first 2 days to spritz the face with diluted vinegar spray (1 tablespoon white vinegar in 1 cup of distilled water).
- Typically, the skin will be red and swollen for 3-5 days (each patient heals at different rates). Sleeping with pillows under your head and minimizing salt intake in the first 24 hours helps to minimize swelling (but you will still have swelling).
- You may exercise after a complete 24 hours
- You may return to make-up at 48-72 hrs.

- Your skin will feel “gritty” for 1 week-10 days and will gradually dissipate as you gently wash your face, after that time.
- You may notice square grid like marks post treatment. This represents the tissue response from the laser. These square marks will dissipate in 2-4 weeks.
- You may exfoliate after 1 week and return for facials after 2 weeks.
- Your skin will feel dry for a month and we recommend utilizing Vaseline at night (very thin layer) to assist. The reason is that the CO2 laser targets dermal water so there will be an element of dehydration of the skin, as it heals, for 3-4 week.
- You may return to normal products (Retin-A, Vitamin C serum etc) 48 hrs -72 hours post treatment. If you have sensitive skin, please wait for 1-week post.
- New collagen and elastin begin to be visually seen at 6 weeks.
- Optimal results are seen with 2-3 treatments