

Cool Peel™ CO2 Laser

Patient Pre and Post Treatment Instructions

Pre-Treatment

- Stop using Retin-A, Renova, Differin and Tretinoin for *one week* prior to treatment.
- Avoid direct sun exposure to the area being treated for *3-4 weeks* and sunless tanning lotions for *7-10 days* prior to and throughout the course of your treatment.
- It is important your skin remains its natural color without any tanning. If you are tan, your appointment will have to be *rescheduled*.
- Accutane should be suspended for *4-6 months* prior to treatment.
- Arrive at your appointment with clean skin.
- Male patients should be clean shaven, no visible stubble.
- Some medications such as Aspirin, Ibuprofen and NSAID containing medications and supplements such as Vitamin E, Fish oil, Ginko Biloba, Garlic, Ginseng and St.John's Wort may increase the risk of bruising avoid these prior to your appointment.
- Hydrate well prior to your procedure
- Arrive 45 minutes prior to your appointment to allow numbing cream to be applied to the area being treated.

Expectations of Treatment

- Redness and swelling are expected. This will happen. It will range from mild/moderate to in rare cases severe.
- It is normal to look worse 48 to 72 hours after treatment.
- Blistering, extreme redness and swelling, ulcers, signs of burns, ulcers or signs of infection including odor, drainage or pain call our office immediately.



You may not be a candidate for Cool Peel if:

- If sun exposure/sun burns occur less than 3 weeks prior to treatment
- If you take medications that cause sensitivity to light
- If you are a current Accutane patient or have used Accutane in the past six (6) months
- If you currently use topical Retinoid
- If you have a history of keloid scarring
- If you have active rashes, cold sores, open wounds or raw, irritated skin
- If you have a history melanoma or untreated skin cancers in the treatment area
- If you have tattoos in the treatment area
- If you are pregnant or nursing

Post-Treatment

AVOID THE FOLLOWING

- Direct sunlight for 48 hours
- Picking at your face
- Using Loofa's, wash cloths, Clarisonic™ type brushes and scrubs with nuts, beads or seeds in them.
- Make-up for 72 hours after treatment and fragranced products for several weeks post treatment
- Anti-aging/acne products such as Retin-A, Retinols, Glycolic Acid, Alpha Hydroxy Acids, etc
- Strenuous exercise, saunas, hot environments and swimming pools for 2-3 days after treatment, depending on your redness
- Use the following with caution in the treated areas: hair spray, gel, mousse, shampoo and conditioners



bliss dermatology

Michelle Pennie, MD

Skin Care Regimen starting 6 hours post treatment

- You will have a sunburn feeling for 12- 24 hours post treatment. Ice packs will be helpful with this sunburn feeling. 20 minutes on the area at a time up to 2 times an hour.
- You may wash your face beginning 6 hours after treatment.
- Use gentle non fragranced products and lukewarm water.
- Gently wash your face with your fingers/hands only then GENTLY PAT DRY DO NOT RUB SKIN.
- Use Cicalfate or Vanicream to keep the areas well hydrated, do not allow skin to become dry.
- Sleep with your head elevated slightly on several pillows for 1-2 nights. Make sure you have a clean dry pillowcase.

Starting the morning after treatment:

- Wash face and immediately apply a white vinegar soak
 - Mix 1 Tablespoon of White Vinegar to 1 Cup water.
 - If you experience burning you may decrease the amount of Vinegar to 2 teaspoons.
 - Soak clean, soft gauze in Vinegar solution for a minute or two then squeeze excess out of gauze pad.
 - Apply gauze pad to the face and leave in place for 2-3 minutes. Avoid the eye area.
 - Use the soaks several times daily for the first 72 hours.
 - These soaks help reduce discomfort and itching, are anti- microbial to help reduce the risk of infections, and aide in the skin/pigment sloughing/shedding.
- You may use Eye makeup the day following treatment and 72 hours after treatment.
- You may resume using Mineral based make up on your face. Make up brushes should be freshly cleaned and free of old makeup and debris.

Englewood Office – 699 S. Indiana Ave – Englewood, FL. 34223 – [941.548.2550](tel:941.548.2550)

Venice Office – 315 Nokomis Ave S. – Venice FL., 34285 – [941.548.2550](tel:941.548.2550)