



Pre & Post Care Instructions CoolPeel Laser

For DekaCO₂, continue reading additional pages

Read and follow all instructions carefully for the best outcome!

CoolPeel Laser

Pre-Treatment Instructions:

- ❖ Discontinue skin irritants 1 week prior (retinoids, salicylic acid, hydroquinone, glycolics) and avoid sun exposure/tanning. No accutane within 1 year.
- ❖ Arrive with clean skin void of lotion, oil, makeup or self tanning agents.
- ❖ Please let us know if you are prone to cold sores so that prophylactic medications can be given.
- ❖ Fill all medications at the pharmacy, prepare cool compresses (frozen peas in small Ziploc bags), and vinegar soak solution
- ❖ Arrive *without* contact lenses and bring glasses in the event that we place ocular shields for treatment close to the eye.
- ❖ Bring a large hat to protect from the sun.
- ❖ Coordinate a driver if you plan to take medication for pain/anxiety

Post-Procedure

- ❖ You may feel a warm / sunburn sensation for about 2-4 hours post treatment.
- ❖ Gauze or a clean cloth moistened with cold water can be applied to the skin to help remove heat from the treatment area.
- ❖ Once the feeling of heat/warmth resolves, a light, cream-based moisturizer (without alcohol) should be used on the treated area to keep the skin hydrated (ask your treatment provider for a recommended product).
- ❖ When applying the moisturizer, if you feel any burning or discomfort, gently wash off the product using water and do not apply any other products.
- ❖ For the first 24 hours, do not use any products other than the moisturizer recommended by your treatment provider.
- ❖ A cool misting spray may be used for comfort, if needed.
- ❖ Sleep with a clean pillowcase and head slightly elevated.
- ❖ Avoid sun exposure, intense workouts and sweating for 24 hours or per your providers' instructions.
- ❖ Do not expose the treated area to anything that may cause complications (dirt, pets, etc.) as advised by your provider.
- ❖ Mineral makeup can be applied 24-48 hours post treatment.
- ❖ You can resume your skincare routine after 24 hours or per your provider's instructions.

If you have excessive bleeding or pain, call the office at (310) 777-8880



- ❖ Skin may have a sandpaper like feel for 4-7 days (or more based on treatment area) post treatment.
- ❖ Do not use any exfoliants or other products/procedures to remove the texture.
- ❖ CoolPeel treatments can be repeated monthly until desired results are achieved.

Deka CO2 Laser:

Same as above for CoolPeel, plus...

Medication regimen:

- ❖ Z-Pack: Take as directed
- ❖ Diflucan: 100 mg tablet once daily for 1 week
- ❖ Valtrex: 500 mg tablet twice daily x 1 week, Start the day before treatment
- ❖ **Patient must have a driver if using the following medications! These are to be taken in office prior to procedure only.**
 - Norco: 5/325 mg, Take 30 minutes prior to procedure in office, *(pt can decline)*
 - Xanax: 0.5 mg, Take 30 minutes prior to procedure in office, *(pt can decline)*

Post-Treatment Expectations & Instructions:

- ❖ AVOID: high heat, sun, blood thinners/alcohol, touching the skin excessively
- ❖ Treatment side effects may include: discomfort, excessive skin redness, swelling, changes in skin texture, change of pigmentation (hyper- or hypo-pigmentation), and less likely, scarring, and infection.
- ❖ You may begin cleansing and skincare the next day.
- ❖ Avoid picking, peeling, scrubbing or exfoliating! This can cause scarring and irregular healing!
- ❖ Avoid exercise initially. You may resume light exercise after 5-7 days and intense exercise after 10 days.
- ❖ Avoid dusty environments, dirt, or chemical contact such as hairspray to skin.

Post Procedure Skin Care Instructions:

- ❖ Post-procedure products may be applied as outlined below or recommended by your provider. We recommend the Noon Post Treatment Kit.
- ❖ You may wash your face the day after the procedure. Remember to treat the skin gently, avoid scrubbing/exfoliating, trauma or high heat to the treated area.
- ❖ SPF is required daily to protect the skin from sun damage, pigmentation and scarring
- ❖ We recommend avoiding makeup as it won't sit well on peeling/dry skin. Once healed, we recommend light, breathable makeup with SPF such as the *SkinBetter ToneSmart Compact*.
- ❖ You may resume retinoids after 2 weeks of fully healed skin.

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❖ Avoid spray tanning/sun tanning for 6 weeks minimum

Custom Skincare:

First 2 days:

Starting Day 4:

AM:

PM:

OTC Skincare Alternatives

Gentle Cleanser:

Office picks: SkinBetter Gentle Cleanser or Noon Cleanser

OTC alternative: Cetaphil or Cerave Gentle Cleanser

Repairative Moisturizer & Balm

Office picks: Noon Post Treatment Moisturizer or SkinBetter Trio Luxe

OTC alternative: Cetaphil DailyAdvance Ultra Hydrating Lotion, Cerave healing ointment (for CO2 use)

Healing products:

Office picks: Noon Post Treatment Kit

OTC alternative: N/A

Sun Protection

Office picks: SkinBetter ToneSmart or Noon SPF

OTC alternative: Cetaphil sheer mineral SPF

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