

Before your CoolPeel CO2 Laser

- Stop Accutane 4 months prior to treatment
- No tanning 2 weeks before treatment
- Arrive with a clean face on treatment day, free of makeup and lotions.
- Stay well hydrated prior to your treatment
- For male patients: Shave the area the day of your appointment
- If you are prone to cold sores, we will prescribe a 3-day prescription of Valtrex. Please let your provider know.
- If you are prone to hyperpigmentation, we recommend using a lightening agent (ZO Skin Health Pigment Control Creme with 4% hydroquinone) for 4 weeks prior to your treatment. You will need to stop this 1 week before treatment. You may resume 5 days after your treatment.

CoolPeel Aftercare:

- Patient should feel a warm/sunburn sensation for an hour post treatment
- A thin layer of Aquaphor should be used on the treated area. Keep the area hydrated with Aquaphor. Do not let the skin dry out.
- Sleep with a clean pillowcase and head slightly elevated to help with swelling
- Avoid sun exposure, intense workouts and sweating for 48 hours
- Avoid touching or cleaning the area for 24 hours
- Skin should feel rough like sandpaper for 3-4 days post treatment. You may exfoliate your skin after day 5.
- Mineral Makeup can be reapplied 48 hours post treatment
- A cool misting spray may be used for comfort, if needed
- CoolPeel can be repeated on a monthly basis until desired results are achieved.
- To help soothe your skin: make a mixture of 1cup water and 1tsp distilled white vinegar. You can gently dab (DO NOT RUB) the mixture across your face a couple times a day with a clean towel. This works as an antiseptic, balances pH, aides in healing, and soothes the skin



Please contact the office if you experience the following: worsening pain, fevers, pustules, and signs of infection.

420 Brookside Ave
Redlands, CA 92373
Phone: 909-793-2020
Text: 909-787-2074