



Congratulations on completing your CoolPeel treatment!

CoolPeel™ is an advanced laser treatment that reduces the appearance of fine lines, sun damage, and pores. It also improves skin texture with little to no downtime. As the treatment is delivered, the old and damaged skin is removed and collagen production is stimulated, leaving you with more youthful looking skin. While downtime is minimal, your skin does need a few days to heal and how you take care of your skin after treatment is very important.

Here's what to do!

#### Post Treatment Care:

- 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.
- 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.

#### Makeup Application Post Treatment

It is best to leave your skin without any make-up for at least 24 hours. Then, use clean applicators to apply mineral make up to help protect your skin, maintain clean pores, and allow the skin to properly heal over time.

#### Anticipated Downtime

One of the main benefits of a CoolPeel is the minimal downtime. You should expect to be a little red, as if you have a sunburn, for a day or two, but nothing should prevent you from returning to your normal daily activities. Your skin may feel dry and scaly as it heals, and it is important to keep the skin hydrated.