

## coolpeel Patient Post Care Instructions

Congratulations on completing your CoolPeel treatment! CO2 lasers are the gold standard in treating wrinkles, age spots, acne scars, and other blemishes as well as tighten skin and balance tone. Damaged skin tissue is removed, or ablated, stimulating new collagen production and heat energy is delivered to tighten the skin.

Below is what you can expect after your treatment.

### **Post Treatment Care:**

- Patient should feel a warm / sunburn sensation for about 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
- Avoid sun exposure, intense workouts, and sweating.
- Avoid touching or cleaning the area for 24 hours.
- Skin should feel rough like sandpaper for 5-6 days post treatment
- Mineral Makeup can be reapplied 24-48 hours post treatment
- A cool misting spray may be used for comfort, if needed.
- CoolPeel can be repeated monthly until desired results are achieved.

### **Makeup Application Post Treatment:**

It is best recommended to leave your skin without any make-up for at least 24 hours. You can then utilize mineral makeup to ensure you maintain clear pores and allowing your skin to breathe and heal properly over time.

### **Anticipated Downtime:**

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

For problems or questions, call: 910.256.4350 or email [office@wilmingtondermatologycenter.com](mailto:office@wilmingtondermatologycenter.com).