

CoolPeel Treatment Patient: Pre-Visit Instructions

The CoolPeel is a laser skin resurfacing treatment that uses the SmartXide Tetra CO2 laser. This ablative laser treatment can improve the appearance of fine lines and wrinkles, enlarged pores, uneven skin texture, and other signs of sun damage without causing thermal damage to the surrounding tissue, allowing for faster recovery and less downtime than with most ablative lasers.

Pre-treatment instructions:

- 12 months prior to treatment stop the use of:
 - Accutane® (Isotretinoin)
- 7-10 days prior to your procedure stop the use of:
 - Retinols: Retin A, Tazorac®, “anti-aging” products
 - Glycolic or Salicylic acid products
 - Read the labels on all of your skin care products, including over-the-counter to avoid these ingredients
- 2 weeks prior to treatment stop the use of:
 - Tanning or sun exposure
 - Complementary/supplemental treatments (IPL, Hair Removal, Chemical peels)
- 7-10 Days prior to treatment stop the use of:
 - Abrasive scrubs
 - Waxing
 - Microdermabrasion treatments
- **2 weeks prior: Start Alastin Procedure Enhancement Kit**
 - This kit has been formulated to elevate the results of your procedure. It will work to assist and prep your skin prior to the procedure and strengthen your skin afterward.
 - Please follow directions inside the kit for optimal results.
- Take one dose of 25 mg Benadryl® the night before the procedure and continue this for several nights as many people will be itchy after the procedure and it may also help with swelling.
- All patients will be given medication to prevent cold sores. Even though you may have never had a breakout most people have been exposed to the virus that causes cold sores. You will take Valtrex 500mg by mouth twice daily starting the day prior to the procedure and continuing the next 5 days.
- While most people tolerate the procedure well, it can be uncomfortable. If you would like to be given pain medication or valium prior to the procedure, please let us know and arrange for someone to drive you to the office. **If you take an oral medication for pain or anxiety you will need a driver.** You will be here for approximately 1.5 hours.

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- In some cases, an acne breakout may occur post treatment. If you have a history of acne or would like to prevent the chance of developing acne you will also be given a prescription for antibiotics to take for 2-3 weeks after the procedure.
- If you have a history of melasma or other issues with hyperpigmentation we suggest starting a lightening cream such as Lytera 4 weeks prior to the procedure. This should be stopped 1 week before the procedure and restarted after you have healed. This is available for purchase in our office or a prescription of hydroquinone can be sent to your pharmacy.

What to expect during your procedure:

On the day of your procedure please arrive without make up and contact lenses and wear a lower-cut, buttoned shirt. When you arrive at the office pre-procedure pictures will be taken. A topical anesthetic will be applied to the areas being treated and will be left on for about 30 minutes. The treatment takes approximated 30 minutes.

You will be red and notice a significant amount of swelling. It is best not to schedule this treatment within a week of any big events or social engagements.

What to have ready after your treatment:

- **Hair bands or ties** to keep hair off your face and neck. They should be soft and not too tight, as you may need to keep them on for the remainder of the day.
- **Ice.** Bags of frozen peas work as well as ice packs. Icing post treatment will help reduce swelling.
- **The Alastin Procedure Enhancement Kit for post skincare instructions**