



710 Military Cutoff Road • Suite 320 • Wilmington, NC 28405 • (910) 256-4350

### **CoolPeel Post Care**

#### **Post Treatment Care:**

- Patient should feel a warm / sunburn sensation for about an hour post treatment- it is normal to feel like a slight sunburn for the first 24 hours.
- A thin layer of an occlusive moisturizer like the one in the Alastin kit should be used on the treated area for the first 24-48 hours. After the first 24-48 hours and hydrating moisturizer like the one in the Alastin kit can be substituted.
- Keep the area hydrated. Do not let the skin dry out.
- Sleep with a clean pillowcase and head slightly elevated
- Avoid sun exposure, intense workouts, and sweating for 24-48 hours.
- Avoid touching or cleaning the area for 24 hours.
- Skin should feel rough like sandpaper for 5-7 days post treatment
- Mineral Makeup can be reapplied 24-48 hours post treatment
- CoolPeel can be repeated every 4-6 weeks until desired results are achieved a series of at least 3 is recommended.

#### **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).