

keep glowing

med spa

Cool Peel Treatment Instructions

Pre-Treatment Instructions:

- If you have a history of Herpes Simplex outbreaks you should take your prescribed anti-HSV viral prophylaxis prior to treatment as directed by your primary care physician.
- Stop anticoagulants 7-10 days prior to treatment, if medically permitted.
- Avoid any type of intentional tanning for 3-4 weeks prior to treatment, or use at least 50 SPF sun block.
- Avoid any Retinoids (e.g. isotretinoin) for at least 1 week prior to treatment. These medications can cause problems in the healing process with possible scar results.
- Avoid any medications on the photosensitizing list (if possible) - https://web.keepglowingmedicalsapa.com/Policies/Potentially_Photosensitizing_Medications.pdf
- Avoid any chemical peels, dermabrasion and Retin-A, as these would delay wound healing response due to the presence of inflammation or fibrosis.

Post Cool Peel Resurfacing Instructions:

- You should feel a warm / sunburn sensation for about an hour post treatment. 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 so it is important to keep the skin hydrated.
- 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 pillow case 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 3-4 days 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
- A cool misting spray may be used for comfort, if needed.
- CoolPeel can be repeated on a monthly basis until desired results are achieved.