



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. Sounds great but CO2 treatments are often accompanied by considerable downtime and risk while damaged skin heals. While many advances have been made to improve the side effects of CO2 treatments, **ONLY** your CoolPeel treatment will deliver a fractional ablative treatment without the considerable downtime. There is minimal risk of hyperpigmentation, demarcation, or induced infection. Below are some recommendations and what you can expect post CoolPeel treatment:

- Patient should feel a warm/sunburn sensation for about an hour post treatment.
 - If needed, you may apply cold compresses to the treated area. Do not scrub the area and do not use hot compresses.
 - No Retinols for 7 (seven) days; No scented moisturizers; No moisturizers with artificial fragrance.
- Use a Gentle cleanser for the first 3 days.
- Skin should feel rough like sandpaper for 3-4 days post treatment.
- Mineral Makeup can be reapplied 24-48 hours post treatment.
- Sleep with a clean pillowcase and head slightly elevated.
- CoolPeel can be repeated on a monthly basis until desired results are achieved.
- **Avoid sun exposure, intense workouts and sweating for 3-5 days.**
- **Avoid touching or cleaning the area for 24 hours.**

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 allow your skin to breathe and heal properly over time.

Anticipated Downtime: One of the main benefits of a CoolPeel, is there is minimal downtime. You should expect to be a little red, as if you have a sunburn, for **24 to 72 hours after procedure**, 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.

Thank you for choosing Reflections Cosmetic Surgery and Medical Spa for all your skincare and wellness needs. We look forward to working with you on your journey!

Don't forget to reschedule your next CoolPeel Treatment!