



## **Post-Care Instructions for CoolPeel/Helix Fusion**

Thank you for choosing Reflections Medical Spa for your skin rejuvenation treatment! Proper post-care is crucial to achieve optimal results and ensure a smooth recovery. Please follow these instructions carefully.

### **Immediately After Treatment:**

- Expect mild redness, similar to a sunburn, lasting up to 24–48 hours.
- Avoid touching, rubbing, or picking at the treated area.
- A cool compress may be applied to reduce discomfort or heat sensation.
- Your Hydrinity kit may be used Immediately post treatment to relieve any discomfort
- Avoid applying makeup until redness subsides (usually within 24-48 hours).

### **For one week:**

#### Cleanse Gently:

Use a gentle, fragrance-free cleanser to wash your face. Avoid exfoliating products or tools.

#### Hydrate:

Apply your hydrinity spray and serum at least 2 times a day for one week (maybe used more often if needed) a fragrance-free hydrating moisturizer may be used as well to help maintain skin barrier integrity.

#### Protect:

Always wear a broad-spectrum SPF 30+ or higher sunscreen. Avoid direct sun exposure.

**Avoid for one week:**

Avoid Heat: Steer clear of hot showers, baths, saunas, or strenuous exercise that may cause excessive sweating.

**Active Ingredients:**

Refrain from using retinoids, glycolic acids, or other exfoliating/harsh skincare products.

**Makeup:**

If possible, limit the use of makeup to allow your skin to heal naturally.

**Hair Removal or Waxing:**

Avoid treatments like waxing, threading, or depilatory creams on the treated area.

**Swimming and Chlorine Exposure:**

Stay away from pools, hot tubs, and chlorinated water.

**What to Expect:**

Mild redness, swelling and tightness may persist for up to 3–5 days.

Gentle peeling or flaking may occur as the skin renews itself—this is normal! Do not pick or scrub at peeling skin.

Results will continue to improve as collagen production is stimulated, typically over 4–6 weeks.

**Long-Term Care Tips:**

- Following a consistent medical-grade skincare routine, as recommended by your provider, can enhance your results and help them last longer.
- Continue using sunscreen daily to protect your results and prevent premature aging.
- Schedule follow-up treatments or consultations for maintenance and enhanced results.
- If you have any concerns or experience unusual symptoms, such as excessive redness, swelling, or discomfort, please contact Reflections Medical Spa immediately at 770-383-3552.

Thank you for trusting us with your skin health!