



Greenwich Medical Spa

COOLPEEL

PRE AND POST CARE TREATMENT INSTRUCTIONS FOR OPTIMAL RESULTS

NOT RECOMMENDED FOR THE FOLLOWING PATIENTS:

- Pregnant or breastfeeding women.
- Those with active disease states, a hemorrhagic disorder or are on anticoagulant treatments.
- Someone experiencing an active or local skin disease that may alter wound healing or someone who has an autoimmune disease.
- Patients with diabetes, epilepsy or bell's palsy.
- Patients with a spray tan or tan skin.

PREPARE PRE-TREATMENT

2 weeks prior to treatment:

- Avoid direct sun and all forms of tanning (including self-tanner or spray tans) on the treatment area before and after your CoolPeel treatment.
- If you are a high-risk patient for PIH (darker skin types, history of hyperpigmentation) then you are REQUIRED to pre-treat your skin for 4 weeks prior to each treatment.
 - Obagi Clear #3
 - Elta MD Clear SPF 46

One week prior to treatment:

- Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment.

24 hours prior to treatment and arriving for treatment:

- For patients prone to cold sores, an anti-viral medication must be taken 24 hours prior to treatment.
- Should an active or extreme breakout of acne occur before a treatment, the area would need to be evaluated on a case-by-case basis by the treatment provider.
- Please arrive on time for your appointment to numb for 1.5 hours prior to treatment.

POST-TREATMENT CARE

What to expect:

- Your skin may feel dry, peel, or flake. You may notice a 'sandpaper' texture in a few days after the treatment. This is the treated tissue working its way out of your body as new, fresh skin is generated.
- Do not rub, pick, or peel the skin off as it heals. This may result in scarring and infection.
- If topical PRFM was added on at the end of your treatment, , please leave it on until the next morning. Do not apply any other products except for Alastin Nector on top of the PRFM.
- Acetaminophen/Tylenol may be taken if needed to relieve any discomfort, however, NSAIDS and anti-inflammatories, including Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, and Turmeric, should be avoided for 1-week post treatment to ensure optimal healing/results.

What to avoid:

- Avoid any direct sun exposure for 7 days. After 72 hours, a broad-spectrum sunscreen of SPF 50 should be used whenever there is sun exposure. This precaution should be continued throughout the treatment duration.
- Discontinue the following products until your skin has completely healed:
 - Tretinoin, retinoids, AHAs. BHAs, bleaching creams and exfoliating cleansing devices such as Clarisonic.
- No exercise for 48 hours post treatment. For 1 week, avoid exposing the treated skin to hot water.
- Do not apply makeup to the treated area and keep it as clean as possible until any "sandpapery" skin, scabs, or peeling have resolved.
- Do not apply ice or any type of cooling to the area post treatment.

AFTERCARE SKINCARE REGIMEN

1. Cleanse: Use a gentle, soap-free cleanser such as Arieed MD reFresh Cleanser.
2. Moisturize: Apply Alastin Nectar twice a day. Apply Arieed MD reDew Intensive Hyaluronic Moisturizer in the morning and evening, or as often as needed to relieve dryness and restore skin comfort.
3. Protect: Use a broad-spectrum SPF such as the Elta MD clear SPF 46 throughout the day and avoid direct sunlight for at least one week.

WE RECOMMEND 1-3 COOLPEEL TREATMENTS FOR BEST RESULTS

If you have any questions or concerns, please do not hesitate to call our office at

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