Dermatology & Plastic Surgery SPECIALISTS

COOL PEEL

BEFORE YOUR TREATMENT

- Avoid sun exposure, tanning beds and self-tanner for at least **2 weeks** prior to treatment.
- Discontinue retinol, tretinoin, adapalene and other exfoliating or irritating skincare products **5–7 days** prior, or as directed by your provider.
- Avoid blood thinners (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic, turmeric and other supplements) for **5–7 days prior**, if medically appropriate.
- Do not take alcohol for **24 hours** before treatment.
- Arrive with clean skin. Do not wear makeup, skincare products, or lotion on the day of treatment.
- Inform your provider of any medications, supplements, allergies, or medical conditions.
- Alert your provider if you have any neuromuscular or autoimmune disorders or known allergies.
- **No dental work 2–4 weeks** before treatment.

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AFTER YOUR TREATMENT

- Expect redness, warmth and a sunburn-like sensation for **12–72 hours**.
- Skin may feel tight, dry, and rough with light peeling for **3–7 days**.
- Apply a gentle, hydrating moisturizer as directed. Keep skin clean and avoid any irritating products.
- Use a mineral sunscreen (SPF 30 or higher) daily and avoid direct sun exposure for at least **2 weeks**.
- Avoid makeup for **24 hours** (or until skin feels comfortable).
- Do not use retinol, exfoliants, acids or other active skincare products for **7–10 days**, or as directed by your provider.
- Avoid strenuous exercise, saunas, hot yoga, hot tubs and excessive heat for **24–48 hours**.
- Do not pick or peel flaking skin. Let it shed naturally.
- Contact us if you experience increased redness, swelling, blistering, or any concerns.