



CoolPeel CO₂ Laser – Pre & Post Care Instructions

What to Expect

- Immediately after treatment, you may experience a **warm, sunburn-like sensation** that typically resolves within 4–6 hours.
 - Using a **fan** or a **cool, damp cloth** is safe and may provide relief.
 - Do **not** apply ice directly to the skin.
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Pre-Care (2–4 Weeks Before Treatment)

- **Avoid sun exposure and tanning**, including tanning beds and self-tanners, for at least 2–4 weeks. *Recently tanned or sunburned skin cannot be treated.*
 - **Discontinue retinoids, glycolic acid, salicylic acid, and other exfoliating products** on the treatment area at least 72 hours before your procedure.
 - **Stop photosensitizing medications** (unless otherwise instructed by your provider).
 - Avoid **chemical peels, microneedling, waxing, or other resurfacing treatments** in the treatment area.
 - Begin or continue **daily sunscreen use** if not already part of your skincare routine.
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Post-Care

- Skin may feel **warm, swollen, or sensitive**. To relieve discomfort:
 - Use **cool, damp compresses**, a **fan**, or **hypochlorous acid spray** (available at Amazon, Walgreens, or CVS).
- **Do not touch or wash your face** the day of treatment. You may **gently cleanse the following morning** using the cleanser provided.
- **Sleep with a clean pillowcase** and keep your head slightly elevated if possible.
- Avoid the following for **5–7 days post-treatment**:
 - Sun exposure
 - Intense workouts and sweating
 - Steam rooms, saunas, hot tubs, and hot/steamy showers
- If the **perioral (around the mouth) area** was treated, avoid very spicy foods and be

- mindful when brushing teeth to prevent irritation.
- Skin will feel like **rough sandpaper for 3–4 days** as it naturally exfoliates. Do not scrub or pick.
 - For comfort, you may take **acetaminophen (Tylenol)** as directed, up to twice daily.
 - For swelling, you may take **Zyrtec or Benadryl** (follow package instructions), and **Pepcid** may also assist with the healing process.
 - **Bromelain capsules**, taken twice daily, may further reduce swelling if desired.
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✨ **Reminder:** Healing experiences may vary depending on your skin type and treatment settings. Follow these guidelines carefully and contact your provider with any concerns.