

CoolPeel Aftercare Instructions

Thank you for choosing us for your CoolPeel treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Redness similar to a light sunburn immediately after treatment
- Mild warmth, dryness, or tightness for the first few days
- Minimal to no downtime — you may return to most normal activities within 24 hours
- Slight roughness or dry patches may appear as the skin exfoliates naturally
- Skin will gradually become smoother and more radiant over 1–2 weeks

Immediately After Treatment:

- Skin will appear red and feel warm or tight for several hours
- Avoid touching, rubbing, or applying any products not approved by your provider
- Do not apply makeup or sunscreen right after treatment
- Allow the skin to breathe and stay cool
- Avoid heat, sweating, and direct sun exposure

First 24 Hours:

- Cleanse with a gentle, non-active cleanser (no scrubs, acids, or retinoids)
- Moisturize with a hydrating, non-comedogenic barrier cream or post-treatment product recommended by your provider
- Avoid workouts, saunas, hot showers, and anything that could trigger heat or sweating
- Do not wear makeup or apply SPF until skin feels calm (typically by the next morning)

Ongoing Care (Days 2-14):

- Cleanse gently twice daily
- Apply a hydrating moisturizer to soothe and support the skin barrier
- Begin wearing SPF 30+ daily starting on Day 2 — sun protection is essential
- Avoid retinoids, exfoliants, vitamin C, or other active ingredients for 5–7 days, or until skin feels fully recovered
- Allow natural flaking or dryness to resolve without picking or scrubbing

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- Mineral-based makeup can be used once redness subsides (typically within 24–48 hours)

When to Contact Us:

Please reach out immediately if you experience:

- Prolonged redness, swelling, or warmth beyond 3 days
- Blistering, excessive peeling, or signs of infection (pus, yellow crusting)
- Pain, discomfort, or unexpected skin reactions
- Concerns about pigmentation or your healing progress

Additional Tips:

- Stay hydrated and support healing with a balanced diet
- Sleep on a clean pillowcase and avoid touching your face
- Avoid direct sun, tanning beds, and harsh weather exposure
- Follow your full treatment plan to achieve best results
- Use only products recommended by your provider

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!