



PRE & POST TREATMENT INSTRUCTIONS

★ COOLPEEL

CoolPeel is a new treatment that uses the Smartxide Tetra laser, the latest and most advanced CO2 laser. The Smartxide Tetra is designed to deliver high power in short pulses at low energy settings. These short pulses create controlled injury to the epidermis and superficial dermis with less heat built up in the skin, meaning we can provide the optimal controlled level of ablation with minimal thermal damage to surrounding tissue. This allows for faster recovery and downtime than other ablative lasers. CoolPeel also has a unique pulse shaped pattern that creates a natural looking random pattern on the skin rather than a traditional square pattern that most other lasers produce. CoolPeel treatments are generally well tolerated and may or may not require topical anesthetic depending on intensity of treatment and desired effects. It is also a fairly quick treatment, with most taking between 10-30 minutes.





★ BENEFITS

CoolPeel uses a special technology from the SmartXide Tetra laser to deliver high-power, low-energy pulses. This approach effectively resurfaces the skin with minimal heat, reducing downtime so you can return to your routine the next day.

When the skin's surface is treated, it triggers a repair response that stimulates new collagen and elastin production. For best results, three to four treatments spaced four weeks apart are recommended. The Tetra laser allows us to customize the power and pulse size for each treatment.

CoolPeel can be a stand-alone procedure or combined with other treatments like microneedling with Radio Frequency. Pairing CoolPeel with Sylfirm microneedling helps improve skin firmness at different depths, treating both the surface and deeper layers of the skin.

PRE-PROCEDURE

- ★ Pause any medications and/or Antibiotics that may make you photosensitive for at least 5 days prior to treatment. If you can not pause taking your medication, we can still treat you, however, your healing process may be prolonged.

- ★ We can not treat clients with melasma unless you have been on a melanin inhibitor for the past four weeks. Please consider your risk for hyperpigmentation, and discuss melanin inhibitor options with your esthetician.

- ★ Be sure you have no active burns, infections, or other skin irritations.

- ★ Ensure you are well hydrated the day of your treatment (this laser is attracted to water, so hydrated skin will receive the best results)

- ★ Please remove any metal facial jewelry in the treatment area (if you have a nose ring or another difficult to remove piercing, please make your provider aware so that they may avoid it)

- ★ At least two weeks before your treatment, pause the use of retinoids and other exfoliants. If you do not wish to stop the use of these products, we can proceed with treatment, but anticipate a prolonged recovery time.

- ★ This treatment is not approved for clients who are pregnant, nursing, or trying to conceive

- ★ Make your provider aware of any tattoos or permanent ink placed within the treatment area.

- ★ Ensure you've had no other peels or resurfacing treatments within the past four weeks.

- ★ You must suspend Accutane use for at least 4-6 months prior to treatment.

- ★ Pause using any retinoids, exfoliants, or scrubs at least 5 days before your appointment. Avoid waxing for 7 days prior.

POST-PROCEDURE

- ★ Your esthetician may offer to apply PRP, exosomes, or a Rejuvenating Serum immediately after treatment. There is an additional cost for PRP or exosomes, but you will achieve quicker healing and optimized results with the use of either of these cellular healing assistants.

- ★ Your skin will feel very warm for several hours after treatment, you can use a fan or cool compress for discomfort if you wish.

- ★ No heating the skin (no working out, saunas/steams, hot tubs, etc.) for 24 hours after your treatment. Absolutely no sun exposure for at least 4 weeks post treatment.

- ★ Over the next few days it is normal to feel sunburnt and for your skin to be a bit flaky. Avoid exfoliating or scrubbing during this time. The face typically takes a week to heal, but the skin the body can take around three weeks as there are less sebaceous glands in the skin on the body.

- ★ You may develop little bumps that look like pimples or skin colored bumps as soon as 24 hours after treatment, but they may show up 2-3 weeks later. It is important you do not try to pop or pick these as you risk infection and scarring.

- ★ Book your next treatment for 4 weeks out from your appointment. Most clients need a total of 3-5 sessions, spaced once a month, to achieve desired results.

