



# MEDICAL AESTHETICS

BY DONNA

## FACE AND BODY REJUVENATION

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### **Tetra Coolpeel CO2 laser Post Procedure Instructions**

#### **Day of Treatment (Day 1)**

- Immediately after treatment you may have cool compresses, an ice roller, or prescribed solution to help remove any excess heat.
- Apply a topical ointment if recommended to the treated area(s) once the perception of heat has been reduced.
- Swelling and a mild to moderate sunburn sensation are common after the treatments and may last 1-3 days. To help lessen the potential for swelling, consider sleeping with the treatment area elevated.
- You may have redness for 3-5 days or more after the treatments depending on the strength of treatment.
- Keep face moist until healed with recommended post care products.
- Do not wash your face for the first 24 hours.
- Drink a minimum of 64 oz of Water.
- Limit alcohol consumption after the treatment to minimize the risk for additional complications like bruising.
- Minimize the exposure to pets, especially cats.
- Do not allow any pet to lick the treatment area.
- Your provider may recommend distilled white vinegar soaks to be applied multiple times a day:
  - For 1 Cup: 1 Tbsp distilled white vinegar to 1 cup water
  - For 1 Quart: 3 Tbsp of distilled white vinegar + 1 Quart water
  - For 1 Gallon: 3/4 Cup of distilled white vinegar + 1 Gallon water
  - Store in the refrigerator between uses to aid in the cooling effect. Moisten gauze with the solution and apply to the affected area

#### **Days 2-7 After**

- It's possible that after the second day, the skin may appear as an exaggerated tan.
- Avoid excessive heat, sweating, exercise, sauna, tubs, etc
  - For mild or traditional coolpeel 2-4 days
  - For aggressive treatment 7-10 days
- Avoid scrubs/exfoliants
  - For mild or traditional Coolpeel 5-10 days
  - For aggressive treatment 7-14 days
- Mineral makeup may be applied
  - For mild or traditional Coolpeel 5-10 days

- For aggressive treatment 7-14 days
- Skin may flake during the healing process:
  - Face and Neck 5-7 days
  - Chest 7-10 days
  - Hands 10-14 + days

#### **AM**

- Wash the treatment area with a mild, gentle cleanser and gently blot dry. If a post treatment product was purchased, it may be applied at this time
- Wait ~ ten minutes to apply a zinc oxide-based sunblock with and SPF 30+. Allow the sunblock to rest, undisturbed for 5 minutes
- Reapply moisturizer every 3-4 hours as needed to maintain a moist environment  
Your provider will inform you when you may resume the use of your usual skin care regime.
- Avoid scrubbing or trauma to the treated area. This could cause infection or scarring.
- Avoid sun exposure to reduce the chance of hyperpigmentation

#### **PM**

- Gently wash the treatment area using a mild, gentle cleanser and gently blot dry.
- If a post treatment product was purchased, you may apply it at this time.
- Change your pillowcase daily as needed for the first 7 days post treatment.

#### **After 7 days:**

- You may resume topical Vitamin C and Retinol if you are fully healed.
- Excessive sun must be avoided for 1-2 months post treatment depending on strength of procedure.
- Continue good hydration and daily SPF.
- Avoid scrubbing, dermabrasion, or other facial treatments for at least 2 weeks post treatment. Let sand-paper texture/peeling occur naturally.

#### **SKIN CARE**

- It is important to use high quality skin care to care for your skin in between treatments and to maintain result. (Think of it like brushing your teeth daily in-between formal dental cleanings)

\*Call with any questions or concerns.

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