

Cool Peel Fractional Laser Treatments

PRE TREATMENT CARE:

Two (2) – Four (4) Weeks Before Treatment

1. Avoid sun exposure – No tanning (natural or artificial); always wear SPF 30+ daily.
2. No chemical peels, waxing, or exfoliating treatments – Avoid all resurfacing procedures in the treatment area for at least 2–4 weeks.
3. Start antiviral medication – If you have a history of cold sores (herpes simplex), your provider will likely prescribe antiviral meds (e.g., Valacyclovir) to start 1–2 days before treatment and continue for several days after.
4. No injectables or other skin treatments – Avoid neuromodulators (Botox/Dysport), dermal fillers, microneedling, or RF treatments in the target area for at least 2 weeks before.

One (1) Week Before Treatment

1. Stop using exfoliants and scrubs – Especially any physical exfoliators or cleansing brushes.
2. Discontinue retinoids – Stop using retinols, tretinoin (Retin-A), or other Vitamin A derivatives 7 days prior (10 days prior if skin is sensitive).
3. Stop certain skincare activities – Discontinue glycolic acid, salicylic acid, benzoyl peroxide, and other potentially irritating ingredients.

One (1) to Two (2) Days Before Treatment

1. Start your antiviral (if prescribed) – Especially critical for treatment around the mouth if you've had cold sores.
2. Moisturize generously – Hydrated skin responds better to laser treatments.
3. Avoid caffeine and alcohol – Especially the night before, to reduce swelling and dehydration.
4. Over the counter medications can assist with healing. *Do not take these if you are allergic.*
 - For example: AM and PM: **2 Tylenol/ 1 Antihistamine/ 1 Pepcid/ 2 Bromelain capsules *if not allergic to pineapple).**

Day of Treatment

1. Arrive with clean skin – No makeup, lotion, deodorant, perfume, or sunscreen in the treatment area.
2. Wear comfortable clothing – Avoid anything tight that may rub on treated areas.
3. Bring something to protect your skin post-treatment – A wide-brimmed hat or hoodie if treating the face, and any recommended post-care products if instructed.
4. Eat beforehand – Don't arrive on an empty stomach; a light meal is fine, especially if any sedatives are involved.

WHAT TO EXPECT:

- A mild serous (watery) discharge and some pin-point bleeding after treatment is normal. This usually subsides in 2-3 days. You may expect some inflammation, and the skin will purge any discharge.
- The amount of inflammation varies depending on the patient. Routine use of antibiotics or steroids is not recommended. Take photos to track your healing.
- Redness and swelling typically subsides in 7-14 days with proper post-treatment care.
- After redness and swelling subsides, your skin will feel rough and slough off. This process can take several days and depends on how strongly you decide to resurface.
- Full skin healing and results can take up to 90 days, depending on your skin type
- Skin rejuvenation will continue to develop for 3-6 months. Additional treatments can be repeated after 1-3 months depending on the strength of treatment provided; until patient goals are achieved.

POST TREATMENT CARE:

- Over the counter medications can assist with healing. *Do not take these if you are allergic.*
 - For example: AM and PM: **2 Tylenol/ 1 Antihistamine/ 1 Pepcid/ 2 Bromelain capsules *if not allergic to pineapple).**
- **Skin will feel swollen, warm, and inflamed immediately** after post-treatment. To keep the skin cool with cool wet compresses (wetting a soft microfiber cloth into a bowl of ice water, wring out and applying), you can also utilize a cool fan.
- About 30 minutes before bedtime, apply the Silver Gel included in your bag (silver gel is in the plastic container).
- **You will start your EPICUTIS post care the next morning.**

POST-CARE KIT INSTRUCTIONS:

- This will be your skincare routine until products run out

DAY APPLICATION

1. **EPICUTIS Cleansing Oil** - Wash your hands before washing your face. Add 1-2 pumps of cleansing oil to hands and gently work into the skin. Rinse with water and the oil will turn into a milky solution. Pat dry your face with a paper towel.
2. **EPICUTIS Lipid Serum** – Apply a small amount of lipid serum into your hands (use a pea-sized amount) and evenly distribute to the face and treated areas. Gently massage into skin. Avoid being too rough.
3. **EPICUTIS Hyvia Cream** – Start applying after 48 hours, or as soon as you notice your skin beginning to lightly flake or form small surface scabs. Use a small amount—about half a

fingertip—and apply it to the face and treated areas. Massage gently, avoiding excessive pressure. This cream provides deep nourishment and supports the skin’s healing process.

4. **SPF** - We recommend avoiding this product for at least the first 3 days after your procedure. Ideally, avoid sun exposure for at least 3-5 days. If you must be outdoors, please wear a wide-brimmed hat that provides full facial coverage.

NIGHT APPLICATION

2. **EPICUTIS Cleansing Oil** - Wash your hands before washing your face. Add 1-2 pumps of cleansing oil to hands and gently work into the skin. Rinse with water and the oil will turn into a milky solution. Pat dry your face with a paper towel.
3. **EPICUTIS Lipid Serum** – Apply a small amount of lipid serum into your hands (about a dropper full amount) and evenly distribute to the face and treated areas. Gently massage into skin. Avoid being too rough.
4. **EPICUTIS Hyvia Cream** - Start applying after 48 hours, or as soon as you notice your skin beginning to lightly flake or form small surface scabs. Use a small amount—about half a fingertip—and apply it to the face and treated areas. Massage gently, avoiding excessive pressure. This cream provides deep nourishment and supports the skin’s healing process.

PLEASE NOTE:

- Avoid manipulating the skin by doing any extractions or scrubbing with exfoliants.
- Do not use hot water on the treatment area until fully healed. Use cool water only
- Avoid sun exposure, intense workouts and sweating until redness and swelling subside, usually 7-14 days.
- Sleep with a clean pillowcase and head slightly elevated.