

Pre-Care Instructions for CoolPeel or CO2 Laser Treatment (Tetra Pro)

Thank you for choosing us for your CoolPeel or CO2 laser treatment! To ensure the best results and minimize risks, please follow these pre-care instructions carefully.

1. Avoid Sun Exposure

- Stay out of the sun for 2 weeks before your treatment.
- Use a broad-spectrum SPF 30+ sunscreen daily to protect your skin from UV damage.
- Avoid tanning beds and self-tanners for at least 2 weeks.

2. Discontinue Certain Products

- Stop using retinoids, Retin-A, tretinoin, products containing peptides, vitamin c, glycolic acid, and other exfoliating products at least 7 days prior to your treatment.
- Avoid hydroquinone or other skin-lightening agents for at least 5 days before your procedure.

3. Medications & Supplements

- Avoid blood-thinning medications (e.g., aspirin, ibuprofen, or other NSAIDs) and supplements such as vitamin E, fish oil, or garlic for at least 7 days before treatment.
- If you are on prescription medications or have a medical condition, consult with your provider to ensure there are no contraindications.

4. Hydration and Skin Health

- Stay well-hydrated in the days leading up to your appointment. Proper hydration promotes healing and optimal results.
- Do not apply heavy creams, oils, or makeup on the day of your treatment.

5. Waxing, Shaving, and Other Treatments

- Avoid waxing, depilatory creams, or laser hair removal in the treatment area for at least 2 weeks.
- Do not shave the treatment area on the day of the procedure unless instructed otherwise.

6. Avoid Smoking and Alcohol

- Avoid smoking and alcohol for 48 hours before your procedure to optimize circulation and healing.

7. Cold Sores (Herpes Simplex Virus)

- If you have a history of cold sores, notify your provider. A prophylactic antiviral medication (e.g., **Valtrex**) may be prescribed to prevent an outbreak.

8. Medical Conditions and Pregnancy

- Inform us of any recent illnesses, infections, or surgeries.
- This treatment is not recommended for individuals who are pregnant or breastfeeding.

9. Plan for Recovery

- Arrange for some downtime following your procedure (up to 2 weeks for CO2 laser and shorter for CoolPeel).
- Plan ahead for any social or professional commitments.

If you have any questions or concerns, please don't hesitate to contact us at 720-355-0123. Following these guidelines will help ensure a safe and successful treatment. We look forward to seeing your amazing results!

Post-Care Instructions for CoolPeel or CO2 Laser Treatment (Tetra Pro)

To ensure optimal healing and results after your CoolPeel or CO2 laser treatment, please follow these post-care instructions carefully.

1. Protect Your Skin

- Avoid direct sun exposure for at least 2 weeks post-treatment.
- Use a broad-spectrum SPF 30+ sunscreen daily, even indoors, and reapply every 2-3 hours when outside.
- Wear a wide-brimmed hat and seek shade when outdoors.

2. Cleanse Gently

- Wash your face with a gentle, non-abrasive cleanser starting 12-24 hours after your treatment. Use lukewarm water and your fingertips.
- Avoid scrubbing, exfoliating, or using washcloths until your skin is fully healed.

3. Keep Skin Hydrated

- Apply a gentle, hydrating moisturizer (as recommended by your provider) several times a day to keep the skin moist and aid healing.

4. Avoid Heat and Sweating

- Avoid hot showers, saunas, steam rooms, and strenuous exercise for (2-4 days CoolPeel or 7-14 days CO2) post-treatment. Heat and sweating can irritate your skin and delay healing.

5. No Makeup or Harsh Products

- Avoid wearing makeup for at least (2-5 days CoolPeel) or (7-14 days CO2) after your treatment. Once the skin has started to heal, use only non-comedogenic products.
- Do not use retinoids, exfoliants, or active ingredients (e.g., AHAs, BHAs, or vitamin C) for at least (10-14 days CoolPeel) or (14-21 days CO2) post treatment or as advised by your provider.

6. Do Not Pick or Peel

- Your skin may feel dry or flaky, and you may experience some peeling. This is normal and part of the healing process.
- Avoid picking, peeling, or scrubbing at the skin to prevent scarring or pigmentation issues.

7. Manage Discomfort

- Mild redness, swelling, or a sunburn-like sensation is normal and should subside within a few days.
- Use sterile cold compresses or a clean, damp cloth to soothe any discomfort.
- Over-the-counter pain relievers (e.g., Tylenol) can be used if needed. Avoid NSAIDs like ibuprofen as they can increase the risk of bruising.

8. Avoid Smoking and Alcohol

- Do not smoke or consume alcohol for at least 48 hours post-treatment. This promotes optimal healing and results.

9. Monitor Your Healing

- If you notice signs of infection (e.g., increasing redness, pus, severe swelling, or fever), contact your provider immediately.
- Some treatments may require follow-up appointments. Schedule these as instructed to monitor your progress.

10. Be Patient

- Results improve over time as your skin heals and collagen production increases.
- Depending on the treatment, it can take 2-3 months to see the full results of your CoolPeel or CO2 laser treatment.

If you have any questions or concerns, please reach out to us at 720-355-0123. Your comfort and safety are our top priorities. Thank you for trusting us with your skincare needs!

What to Expect After Treatment

1. Initial Reactions (Swelling, Redness, and Heat) Swelling, redness, and a mild to moderate sunburn sensation are common and should be expected.

- To minimize swelling:
 - Sleep with your head slightly elevated.
 - Use a clean pillowcase and change it frequently to maintain hygiene.
- Healing timelines:
 - Mild CO2 or traditional CoolPeel treatments: 1-5 days.
 - Aggressive CO2 treatments: 7-14 days (up to 21 days in certain areas).

2. Skin Sensations Immediately Post-Treatment

- Your skin will feel hot right after the procedure.
- To relieve excess heat, you may use a cool compress. Ensure it is ****sterile**** to avoid contamination.
- Itchiness may persist up to 72 hours post treatment.
- To relieve itchiness, you may take Benadryl.

3. Aggressive CO2 Treatments

- Pinpoint bleeding, weeping, or oozing may occur.
- Keep the treated area moist and shiny by applying an appropriate ointment as directed by your provider.
- Avoid using bandages, wraps, or any occlusive coverings.

4. Days 2–5+ Post-Treatment Care (*At this stage, you may notice a bumpy skin texture, similar to the feel of a cat's tongue, and it may appear as small brown dots. This typically subsides between days 7 and 10.*)

- **Cleansing:**
 - Gently wash the treated area with lukewarm water twice daily (morning and evening).
 - Blot the skin dry using a clean, soft cloth—do not scrub or rub.
- **Post-Treatment Products:**
 - Apply post-care products as instructed by your provider.
 - If you experience mild burning after application, use a cold compress to ease discomfort.
 - Persistent burning should be reported to your provider.
 - Avoid applying any topical products not approved by your provider.
- **Moisturizing:**
 - Reapply moisturizing products every 3-4 hours or as needed to maintain a moist healing environment.

5. Hygiene Precautions

- Minimize exposure to pets and environments that may contain dander.
- Avoid allowing pets to lick the treated area.
- Do not clean litter boxes or engage in activities that may expose the treated area to potential contaminants.

Following these guidelines will help ensure proper healing and the best results from your treatment. If you have any questions or concerns during the healing process, please contact us immediately at 720-355-0123.

CoolPeel Post Care Products

CoolPeel Product Instructions: Day 1 - 3

Morning	Night
1. Skin Recovery Foaming Cleanser	1. Skin Recovery Foaming Cleanser
2. Exosomes	2. Exosomes
3. Regenerating Skin Nectar	3. Regenerating Skin Nectar
4. Moisture Seal	4. Moisture Seal

**It is very important to keep the area hydrated with the Moisture Seal. Reapply every 3 - 4 hours, or more often if needed.*

**Exosomes will last 1-3 days depending on the frequency of use and amount used per application.*

CoolPeel Product Instructions: Day 4 - 7

Morning	Night
1. Ultra Calm Cleansing Cream	1. Ultra Calm Cleansing Cream
2. Regenerating Skin Nectar	2. Regenerating Skin Nectar
3. Ultra Light Moisturizer	3. Ultra Light Moisturizer
4. UV Restore SPF 40	

**After day 7, continue to use Regenerating Skin Nectar Morning and Night. Continue using UV Restore SPF 40 every morning, even if you are not going outside, before applying makeup.*

NOTE: It is normal to experience a burning sensation during the first (3) days of applying the products. To ease this discomfort, you can use a sterilized cold compress.

DEKA CO2 Post Care Products

Deka CO2 Product Instructions: Day 1 - 7

Morning	Night
1. Dermal Wound Cleanser	1. Dermal Wound Cleanser
2. Exosomes	2. Exosomes
3. Exosome Balm	3. Exosome Balm
4. Moisture Seal	4. Moisture Seal

**It is very important to keep the area hydrated with the Exosome Balm and the Moisture Seal. Reapply every 3 - 4 hours, or more often if needed.*

**Exosomes will last 1-3 days depending on the frequency of use and amount used per application.*

**Exosome Balm will last 7-14 days depending on the frequency of use and amount used per application.*

Deka CO2 Product Instructions: Day 8 - 14

Morning	Night
1. Ultra Calm Cleansing Cream	1. Ultra Calm Cleansing Cream
2. Exosome Balm	2. Exosome Balm
3. Ultra Light Moisturizer	3. Ultra Light Moisturizer
4. UV Restore SPF 40	

Day 8 -14:

**Keep the area hydrated with the Exosome Balm and the Ultra Light Moisturizer. Reapply every 3 - 4 hours, or more often if needed.*

**Use UV Restore SPF 40 every day, even if you are not going outside. Apply before using makeup.*

NOTE: It is normal to experience a burning sensation during the first (5) days of applying the products. To ease this discomfort, you can use a sterilized cold compress.