Our CoolPeel™ treatment will deliver a fractional ablative treatment with minimal social downtime. You should expect to have red skin as if you have had a sunburn for a couple of days. Your skin may feel dry and scaly as it heals so it is important to keep it hydrated. Proper Pre and Post-care is an important part of the treatment and will help to ensure the best possible results.

Before Your CoolPeel™ Appointment

* Avoid sun exposure for 4 weeks before and do not apply self-tanner for at least one week prior to treatment
* Discontinue all products containing Retinol, Glycolic, Alpha/Beta Hydroxy Acids, and exfoliants for one week prior to treatment.
* Patients should be off Accutane for a minimum of 6 months prior to treatment.
* **Please arrive at your appointment with clean skin**.
* If you are prone to cold sores please let us know and you will be prescribed anti-viral medication to start 1 day before treatment and continue as directed.
* Men should have a cleanly shaven face the night before or the morning of the procedure - without visible stubble.

After Your CoolPeel™ Appointment

* A sunburn sensation may linger for 12-24 hours after the procedure is completed.
* Keep a very thin layer of **Aquaphor** on as needed for up to 3 days post-procedure. **Do not let the skin dry out**.
* Avoid makeup and sunscreen for a minimum of 48 hours post-procedure. After this time, mineral makeup and sunscreen are recommended.
* Sleep with a clean pillowcase and head slightly elevated.  Mild swelling may occur upon awakening for the first 48 hours post-treatment.
* Avoid applying ‘active’ ingredients to the skin for 1 week- this includes Benzoyl Peroxide, Salicylic Acid, Alpha-Hydroxy Acid (AHA), Beta-Hydroxy Acid (BHA), Retinol, Vitamin C, and Alcohol-based toners.
* Avoid direct sunlight for 48 hours after your treatment & wear 50 SPF sunscreen thereafter to protect the skin.
* You may resume retinol products 7 days after your procedure. Avoid strenuous exercise for 24 hours after your treatment.
* Avoid hot tubs, saunas, and steam rooms for 1-week post-procedure.
* If you do wish to wear a mask ensure it is a clean, disposable, breathable face masks for 72 hours after treatment.
* Although very unlikely to occur, any new onset of redness, warmth, or swelling; whitish to yellowish film on the treated area, with or without foul odor; fever greater than 100.3 degrees Fahrenheit we ask that you contact the office.

We cannot stress enough how important it is to protect your investment and to continue to improve your skin. At a minimum, the following medical-grade products are recommended to start using 7-10 days post-treatment: an antioxidant with growth factor: We love Alumier and ZO products with no less than 30 SPF+ sunscreens, and .5 or greater retinol in your daily skincare routine.

You can take advantage of a 25% discount on all products on the day of treatment.

Please call or e-mail our office with any questions or concerns:  
**(403) 225-2141    info@ceruleansurgery.ca**