SmartXide and Tetra PRO CO_2
Treatment Information - CoolPeel

1. Minimise sun exposure and avoid the use of tanning beds or any application of self-tanning products for one month prior to your treatment.
2. Discontinue the use of Retin-A or any retinol-type products for at least two weeks prior to your treatment.
3. Avoid the use of exfoliating products such as alpha-hydroxy acid and salicylic acid products for the week before your treatment.
4. Wait at least two weeks after injectable treatments such as Botox or Fillers before having CoolPeel laser treatment.

CoolPeel works by treating minute sections of the skin, which stimulate collagen renewal in the treated area. The surrounding non-affected areas of the skin aid the body's natural recovery process for dramatic results without significant recovery time. As the new collagen cells replace the old tissue, improvements in the appearance of fine lines, wrinkles, scarring and texture can be seen.

Pre-Treatment Advice

1. The area to be treated should be **free from make-up, perfume, deodorant and body or face creams**.
2. There should be **no active tan or fake tan** in the **area to be treated**. Use of **sunbeds or prolonged exposure to sunlight** is not allowed in the month prior to treatment and **Lynton Light Protect Daily Defence SPF50** or an SPF 30+ must be used on the area between treatments. Suntans must be left to fade completely before treatment can start. Fake tans and gradual tanning products must also be fully faded before treatment can commence.
3. We reserve the right to charge for any appointment booked but abandoned due to active sun-tan or fake tan.
4. A **medical history** is taken at consultation, but we rely on you to inform us of any changes to this. We need to know of any medication you are taking including those bought from a chemist or herbalist.
5. **Inform** your practitioner if you have a history or flare up of **cold sores** as this can impair treatment. Prophylactic anti-viral medication may be taken if necessary.
6. Make sure that you arrive in good time for your appointment; this will allow us to pre-cool the skin or apply topical anaesthetic if this should be required.

Post-Treatment Advice

1. Following treatment, the area may appear **very red** and **may be swollen**. It can feel hot and tender for several hours following treatment. The redness (similar to sunburn) and swelling may last a few days but can be minimised with the **application of cold compresses**. Facial swelling can be reduced by sleeping with your head raised on pillows.
2. In order to minimise skin heating and to reduce the likelihood of skin reactions, the treatment area will be cooled after the procedure. Once you get home, you may like to **apply a cold compress / wet flannels** etc. If applying an ice pack at home, always put ice inside a clean plastic bag and wrap in a soft cloth. Do not allow ice packs or ice to come into direct contact with the skin.
3. While redness remains on the skin after treatment, **do not indulge in heavy drinking, going to a sauna or heavy exercise**. Those activities may increase the redness of your skin.
4. The skin will also feel quite tight following treatment and using Aquaphor, Vaseline, **Lynton Light Soothe Serum**, or a gentle moisturiser for a day or two following treatment can help to relieve this. Test for sensitivity on a small area of skin before applying to the whole face.

5. Starting on day 2-3 the skin can **appear flaky and have a bronzed appearance** as the epidermal debris comes to the surface; this generally lasts for about 5 days. This is a positive sign and indicates that the skin is regenerating.
6. Keeping the skin well moisturised at this point will help reduce the feeling of tightness.
7. **Avoid cosmetics for approximately 48hrs after treatment** . Mineral make-up can be applied after this time, however when removing, use a very gentle cleanser and a lot of water and try to avoid vigorously rubbing the skin, as this may cause irritation. If the skin at the treatment area becomes broken, then make-up should be avoided until the area is completely healed.
8. Avoid **hot baths / showers for 24hrs** .
9. Do not pick at any flaking or crusting that may form.
10. The skin will usually return to normal by day 7 to 10, although some flakiness may remain for up to 14 days.
11. Use **Lynton Light Protect Daily Defence SPF50** or an SPF 30+ and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyper-pigmentation of the treated area. (Most cases of changes in pigmentation occur when the treated area has been exposed to sunlight or in people with darker skin types).
12. If **you have any concerns** , contact the clinic immediately for further advice. Keep the area clean and dry and allow to heal naturally. **DO NOT pick grazes or blisters** – as this may increase the chance of a scar occurring. Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.

If you have any urgent concerns or queries regarding the treated area, please contact the clinic for advice.

I acknowledge receipt of this advice sheet.

Signed ..... Date .....

Name (print) .....