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**CoolPeel CO2**

*CoolPeel is the newest way to deliver the benefits of traditional C02 resurfacing treatment by safely and comfortably targeting just the superficial layer of skin tissue. This fractional ablative treatment can improve the appearance of fine lines and wrinkles, acne scars, large pore size, uneven skin tone, rough skin texture, age spots, and other signs of sun damage with minimal downtime.*

What to expect

* This procedure causes controlled injuries to the epidermis, resulting in the damaged skin tissue to be removed or ablated.
* The procedure will begin with an application of topical numbing cream to the treatment area. Once the area is numb, the procedure will begin and you may feel a slight tingling or heated sensation – discomfort is minimal.
* Immediately after the procedure you will experience a sunburn like sensation in the treatment area, which will subside after a few hours for most clients.
* You should expect to have redness for a day or two following your procedure, but nothing should prevent you from returning to your normal daily activities.
* Your skin may feel tender, tight, dry, and scaly as it heals so it’s important to keep the skin hydrated.
* CoolPeel should be repeated monthly until desired results are achieved.

Pre-Treatment

* Avoid sun exposure, tanning beds, and sunless tanner in the area being treated for 4 weeks.

*Presenting with a tan will result in rescheduling of treatment.*

* Patients with darker skin types are recommended to pre-treat with a melanin inhibitor, such as Hydroquinone, Skin Medica’s – Lytera, or ZO’s Brightalive.
* Dark hair that is present in the area to be treated should be shaved or clipped.
* Discontinue photosensitizing and topical medications (AHA/BHA, hydroquinone, retinols/retinoid, Tazorac, Differin, etc.) to the area for 7 days prior to treatment.
* Discontinue anti-inflammatory/blood thinning medications (Omega 3/Fish Oil, Aspirin, NSAIDS/Ibuprofen/Naproxen/Advil/Motrin, Ginkgo Biloba/Ginseng/St. John’s Wort, Vitamin E/Herbal supplements) for 5 days prior to treatment.
* Avoid injectables or chemical peels for 2 weeks prior to your treatment.
* Notify provider if you have a history of cold sores or acne breakouts prior to scheduling.
* We recommend taking an OTC antihistamine such as Claritin or Zyrtec 48 hours prior to your procedure to help alleviate potential swelling.

Post-Treatment

* A thin layer of emollient or moisturizer should be use on the treated area or a gentle hydrator, such as Skin Medica’s – HA5. Continue to keep the area hydrated and do not allow the skin to dry out.
* Avoid touching or cleaning the area for 12 hours. A gentle cleanser may be resumed on the morning after your treatment.
* Sleep with a clean pillowcase and head slightly elevated to help minimize swelling. Mild swelling may occur upon awakening for the first 48-hours post-treatment.
* A cold compress or cool wash clothes may be used for comfort, if needed.
* Avoid using makeup for at least 24-48 hours after a CoolPeel treatment. Mineral makeup is preferred to ensure you maintain clear pores and allow your skin to breathe and heal properly over time.
* Avoid facial coverings/masks until the skin does not appear compromised, red, or scaly.
* Avoid Benzoyl Peroxide, Salicylic Acid, Glycolic Acid, Retinol, Vitamin C, and Alcohol-based toners for 1-week.
* Avoid intense workouts, hot tubs, saunas and sweating until redness has completely resolved.
* Avoid direct sunlight for 1 week. Continue to use SPF +30 when outdoors to prolong your results.

Complications/Risks

* Scarring – Hypertrophic and Non-hypertrophic
* Burns – from superficial to full thickness
* Extensive tissue destruction
* Ulcerations
* Hyperpigmentation or Hypopigmentation
* Induced bruising or petechiae formation
* Severe edema
* There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:
	+ Drainage – looks like pus
	+ Increased warmth at or around the treated area
	+ Fever of 101.5 of higher
	+ Extreme itching

Contraindications

* Actively tanning or recent UV exposure
* Pregnancy
* Isotretinoin (Accutane) use within the past year.
* History of keloid scar formations
* Photosensitizing medications or hypersensitivity to light.
* Active cold sore
* Immunocompromised or have compromised healing
* Using long-standing systemic steroids (Prednisone, Dexamethasone)
* Infectious disease
* Connective tissue disease