



COOLPEEL POST TREATMENT GUIDE

Day of treatment:

- You may feel a warm / sunburn sensation for 2- 4+ hours post-treatment
- Swelling, redness, and mild to moderate sunburn sensation are common (1-3 days).
- Use a cool misting spray (Hydrinity Hyacyn) or sterile cool compress (**not ice**) to reduce the sensation of heat.
- Apply Restorative HA serum after the sunburn sensation fades. After applying the product, if burning is noted for more than a few minutes (or is very intense), wash off with a mild cleanser, rinse with cold water, and notify your provider.
- Keep the area moisturized; reapply products every 3–4 hours to maintain hydration and until the “sandpaper” texture resolves (typically 5-7 days).

After the treatment:

- Do not use any exfoliants or other products/procedures to address the texture for 5-7 days.
- Wash with a mild cleanser (AM & PM), blot dry, and do not scrub.
- Use zinc/titanium-based sunblock after 24 hours.
- Minimize alcohol intake (throughout recovery).
- Sleep with your head slightly elevated; use a clean pillowcase and change it frequently.
- Wash hands often and avoid touching the treated area.
- Do not expose the treated area to anything that may cause complications (dirt, pets, etc.) as advised by your provider.
- Mineral makeup may be applied after 2-5 days.
- Avoid exercise, sweating, excessive heat, saunas, hot tubs, etc. 2-4 days.

If you have any questions regarding your post-treatment guide, please call our office 239-482-7676.