



Cool Peel Pre-Treatment Guide

- Stop retinols/Retin-A or any other product that may dehydrate the skin 2-7 days prior to treatment
- Discontinue use of all exfoliating products 1 week prior to treatment
- Avoid sun exposure (2+weeks) and use a sunscreen that protects against UVA & UVB rays with a SPF of 30+
- Stop Accutane (6 + months or as directed by your provider)
- Please stop Aspirin and/or supplements that may thin the blood 7 days (or as directed by your provider) prior to treatment
- Start antiviral prophylactic treatment Valtrex 500mg twice daily x 7 days for those with a history of cold sores
- For patients prone to hyperpigmentation, pre-treating with a melanin suppressing agent 2 x daily for 2 weeks (or as directed by provider) prior to treatment
- **Arrive 30 minutes prior to your appointment for numbing**
- **Please come with a clean face, no makeup on day of treatment**

If you have any questions regarding your pre-procedure treatment guide, please contact our office 239-482-7676.