**COOLPEEL PRE AND POST-TREATMENT INSTRUCTIONS**

* Avoid prolonged exposure to the sun for at least four weeks.
* Use a broad-spectrum zinc oxide sunscreen of at least SPF 50+ daily.
* You may require pretreatment with a melanin inhibitor and must use it for 2-3 weeks before each treatment.
* Hydrate and protect. The more moisture, the better your healing and results.
* Moisturize your skin at least 2x a day (AM/PM) (Example: Elta Skin Recovery Light Moisturizer, Noon Aesthetics).
* Increase water intake to a minimum of 8 glasses (8oz) per day (more if chronically dehydrated).
* Stop Aspirin, NSAIDs, Blood Thinners, and Antibiotics for seven days before each treatment.
* Stop your Retinoid/Retinol/AHA/BHA 3-4 days before each treatment.
* If you have a history of HSV 1/2, start antiviral prophylaxis prescribed by your doctor 3-7 days before each treatment and continue for five days after. If herpetic outbreaks are rare, take 48 hours before and continue taking it for five days after each treatment. Examples: Valacyclovir (Valtrex), Acyclovir (Zovirax), and Famciclovir (Famvir).
* If you added an Exosome Kit to your treatment(s), begin your DǀTOX Exosomes 5 daysbefore each scheduled treatment. Cleanse with a gentle cleanser, then apply. No lotions, serums, and skincare needed with Exosomes. Allow to rest undisturbed for 15 minutes.
* Stop skincare products if your skin appears red, dry, or peeling.
* We will not treat you if your skin is burned or compromised during this prep time.

**THE NIGHT BEFORE YOUR TREATMENT**

* Shave your treatment area(s) at least 24 hours before each treatment. Wash your hair the night or the morning before each treatment.
* If you work out, work out the night or the morning before each treatment, as you cannot for 24-72 hours.
* Please arrive at our office with clean skin (no hairspray, makeup, gels, ointments, lotions, self-tanning products, and deodorants) and no jewelry near the treatment area.
* Wear a top that can button or zip up rather than one that pulls over your head.
* If treatment is being performed on your body, wear loose clothing that is easy to put on and remove.
* If you have a history of histamine responses, consider taking a non-drowsy antihistamine and a Pepcid (Famotidine) the morning before your treatment. Examples: Claritin (Loratadine), Zyrtec (Cetirizine), and Xyzal (Levocetirizine). Avoid Benadryl before your treatment to avoid drowsiness during your drive.

**IMMEDIATELY AND FOUR HOURS AFTER YOUR TREATMENT**

* After each treatment, avoid water, topical products, or occlusives until the heat dissipates from the treatment area (2-4 hours post-treatment).
* Avoid direct sunlight to the face.

**2-TO 4 HOURS AFTER YOUR TREATMENT**

* Your treatment area(s) will be warm/hot for 2-4 hours afterward. Your skin may initially feel like a sunburn, then becomes tight, dry, and can itch.
* You may have erythema (redness) for 1-5 days (depending on how much energy is used during treatment). The redness is expected to last longer with more aggressive treatments.

**THE NIGHT OF YOUR TREATMENT**

* Avoid taking a shower and hot water for 24 hours after treatment. When showering, use cool water, and avoid getting products (Shampoo) onto treatment areas.
* Hold on taking Aspirin/NSAIDs/Blood Thinners for at least 24 hours after each treatment.
* You can take Acetaminophen (Tylenol) and Benadryl for swelling, itching, and discomfort, and utilize a cool fan to help minimize discomfort.
* To help lessen the potential for swelling, sleep with your head elevated (head above your heart) and continue this for the first 2-3 days.
* A vinegar soak can be applied one or more times a day. Mix 2 cups of cold water with 1-1.5 tablespoons of white or distilled vinegar. Moisten gauze or paper towels with the solution. Apply it to the affected area for 20 minutes by gently patting (no rubbing). You can store it in the refrigerator between uses to aid in the cooling effect.
* Minimize exposure to pets, especially cats, and do not allow pets to lick the treatment area.
* Limit alcohol consumption after the treatment, as there could be more bruising or other complications.

**24 HOURS AFTER YOUR TREATMENT**

* Swelling and a mild to moderate sunburn sensation are common and may last 1-3 days after the treatment.
* A mild serous (watery) discharge that subsides after 2-3 days can be seen.
* Avoid direct sunlight to the treatment area.
* Avoid increasing heart rate, excessive heat, vigorous exercise, saunas, hot tubs, hot yoga, swimming pools, and steam rooms for 24-48 hours.
* Change your pillowcase daily (as needed) for the first seven days after the treatment.
* Avoid using scrubs/exfoliants for 7-14 days.

**AM:** Gently cleanse using cool water with a mild soap or gentle cleanser with clean hands and pat dry. Examples of products: Cetaphil, Cerave, NOON Aesthetics Micro-Soft, Vashe.

* Apply post-treatment products as directed.
	+ If you added on exosomes, begin your REǀPAIR Exosomes kit two times a day for five days. Other than a gentle cleanser, no lotions, serums, or skincare needed while using your exosomes kit.
	+ You can use a semi-occlusive product such as Elta Skin Recovery Light Moisturizer, Cetaphil, Cerave, or NOON Aesthetics SOS (Smart Occlusive System) x 5 days after treatment or as needed to avoid skin drying.
* Wait at least ten minutes to apply a zinc oxide-based sunblock with an SPF 50.
* Allow the sunblock to rest undisturbed for at least five minutes.

**PM:** Gently cleanse with a mild soap or gentle cleanser using cool water with clean hands and pat dry.

* Apply a semi-occlusive product such as Elta Skin Recovery Light Moisturizer, Cetaphil, Cerave, or NOON Aesthetics SOS (Smart Occlusive System) and reapply as necessary to keep skin hydrated and calm, or you will apply your REǀPAIR Exosomes.

**48 HOURS AFTER YOUR TREATMENT**

* After the second day, your skin may appear as an exaggerated tan, and the skin may flake during the healing process. Face and Neck: 5-7 days, Chest: 7-10 days, Hands: 10-14 + days.

**AM:** Gently cleanse using cool water with a mild soap or gentle cleanser with clean hands and pat dry (Examples of products: Cetaphil, Cerave, NOON Aesthetics, Micro-Soft, Vashe).

* Apply post-treatment products as directed.
	+ If you added exosomes, continue your REǀPAIR Exosomes kit two times a day for five days.
	+ No Exosomes: Use a semi-occlusive product such as Elta Skin Recovery Light Moisturizer, Cetaphil, Cerave, or NOON Aesthetics’ Smart Occlusive System for five days after treatment or as needed to avoid skin drying.
	+ Wait at least ten minutes to apply a zinc oxide-based sunblock with an SPF 50.
	+ Allow the sunblock to rest undisturbed x 5 minutes.
* After 48 hours, you can apply a non-comedogenic mineral makeup. Examples: Bare Mineral Original Loose Powder Mineral Foundation or Neutrogena Mineral Sheers Foundation. Non-comedogenic means it won't block or clog pores and allows the skin to breathe.

**PM:** Gently cleanse with a mild soap or gentle cleanser using cool water with clean hands and pat dry.

* Apply a semi-occlusive product such as Elta Skin Recovery Light Moisturizer, Cetaphil, Cerave, or NOON Aesthetics SOS (Smart Occlusive System) and reapply as necessary to keep skin hydrated and calm, or you will apply your REǀPAIR Exosomes.

**6 DAYS AFTER YOUR TREATMENT AND BEYOND**

* If you could not begin your DǀTOX Exosomes before your treatment, you can use them after completing your REǀPAIR Exosomes.
* You can resume your regular skin care regimen five days after each treatment or after completing your exosome kit(s).
* Avoid sun exposure and wear protective hats for at least 2-4 weeks to reduce the chance of hyperpigmentation.
* Continue using a zinc oxide-based sunblock with an SPF 50+ for 2-5 months according to skin phototype and environment.
* To ensure a positive outcome with your treatment(s), please strictly follow your treatment instructions to help prevent post-inflammatory hyperpigmentation (PIH) and infection.
* If anything in your medical history changes, you begin taking new medications, become pregnant, are planning to become pregnant, or are breastfeeding, please notify our office.
* If you have any questions or concerns, please call or text our office: (407) 934-0618