

# 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 or sterile cool compress (not ice) to reduce the sensation of heat.
- Apply a light, non-stinging moisturizer (hyaluronic acid or cream-based) 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.

**HELIX**

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PLEASE CONTACT YOUR PROVIDER WITH ANY QUESTIONS/CONCERNs DURING YOUR RECOVERY PERIOD