

**Melbourne Dermatology Center**

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***CoolPeel/CO<sub>2</sub> Light "Sprinkle" LASER RESURFACING PROCEDURE  
INFORMATION***

Please arrive 30 minutes prior to scheduled appointment for numbing  
You will be at the office for approximately 2 hours. DO NOT USE GENERIC  
PRODUCTS, SEVERE REACTIONS MAY OCCUR. Please review below carefully and  
make sure all of your questions are answered.

***Please have the following items ready before your treatment day:***

- Prescriptions
- Pre and post procedure skin care products

***2 Weeks Before Treatment:***

- Discontinue excessive sun exposure 2 weeks prior to treatment: you should not have sunburn, suntan, or spray tan.
- Wear minimum SPF 30 daily and follow other sun protection measures such as avoiding midday sun and wearing hats and sunglasses.

***1 Week Before Treatment***

- If recommended by your practitioner, begin your 4% Hydroquinone cream prescription or Obagi Clear to area twice daily.
- Discontinue topical retinoids, Retin-A/Renova/tretinoin, glycolic or other hydroxy acids.

***1 Day Before Treatment***

- If you have a history of cold sores (herpes simplex) Start prescription antiviral medication.

***Day of Treatment***

Please come to the office with a clean face, no makeup, your hair away from your face and neck in a band or tie, and NO JEWELRY. Wear a loose cut, or buttoned shirt.

***What to do: First Week***

- Remember to finish all of your oral medication as prescribed.

- You may take Tylenol 500 mg, two tablets, every 6 hours. Please inform us if there is discomfort not controlled with Tylenol.
- OK to shower, avoid hot temperature as skin will feel sensitive.
- Hand-washing is the most important thing you can do to prevent infection. Wash your hands every time before you touch the treated area.
- Apply thick layer of Aquaphor to clean skin first (morning and night), ointment over treated area during the first 2 to 3 days post procedure
- Do not pick at skin, this is critical to prevent crusting and risk of possible scarring (very rare). Do not rub, scrub or use any exfoliants during this time.

### ***What to do: After First Week***

- Practice sun avoidance and start SPF twice daily
- Restart 4% hydroquinone cream once or twice daily as tolerated.
- It is okay to use cover up makeup, avoiding liquid foundation (as this may clog pores)
- Restart Clarisonic Skin Brush with a new sensitive skin brush head.
- If anything is causing increasing redness, discontinue it and inform our office.

### ***What to do: After First Month and Beyond***

- Practice strict sun protection. Wear Medical Grade SPF 30 daily and follow other sun protection measures such as avoiding midday sun and wearing a hat and sunglasses. Choose one of the SPFs we offer that suits you best - so that you will use daily.
- Begin or resume topical skin care plan 4 to 6 weeks post-procedure. Do not neglect! We cannot stress enough how important it is to maintain your investment and to continue to improve your skin.

### ***Make sure your routine includes:***

- Sunscreen
- Topical antioxidant
- Hydroquinone if your skin is prone to brown spots
- Tretinoin cream

### ***What you might experience after the procedure:***

1. Heat may linger for 2-3 hours after the procedure is completed

2. Redness and swelling are most common. While swelling usually resolves within 3 days, redness may last several weeks. Redness can be worsened by certain skin products and heat. Sun protection is very important.
3. Acne or milia formation: Flare-up of acne or formation of milia possible and may appear 2-4 days post treatment. This is usually self-limiting and resolves within one week. Do not pick at lesions.
4. Risk of infection from bacterial, viral or fungal agents exists despite our best preventative effort. Wash your hands! Keep your environment clean! This is a must.
5. Scarring may occur from crusting, infection, or simply by being exposed to laser. This risk is extremely low with the fractionated CO2 laser.
6. Itching usually occurs as a part of the normal wound healing process, but may occur as part of infection, poor wound healing, or contact dermatitis. This usually occurs 3-4 days post procedure and may last up to one week. Cold compresses (20 minutes on and off) as needed to alter sensation can help. An oral antihistamine such as Zyrtec or Benadryl can also help. A steroid cream such as hydrocortisone twice a day can help. These additional medications should only be used as directed by the provider.
7. Pigmentary changes: After treatment, skin may appear darker (hyperpigmentation) or lighter (hypopigmentation) than before. Although most are temporary, it could be permanent.

***Call us if you experience any one of the following. If you cannot reach us and it is an emergency, call 911.***

- Pain that is not relieved by Tylenol.
- Oozing beyond 48 hours or shallow ulcers.
- Excessive redness, swelling, bleeding, and/or crust or scab formation.
- Excessive itching, especially when accompanied by signs of infection: whitish to yellowish film on treated area, with or without foul odor. Fever of 100.4 or above.