



Absolute Dermatology & Skin Cancer Center
5207 Hickory Park Drive, Suite A, Glen Allen, VA 23059
7300 Ashlake Parkway, Suite #102, Chesterfield, VA 23832
T: (804) 326-4448 F: (309) 326-4947
www.absolutedermva.com

CO2 COOL PEEL

BEFORE TREATMENT:

- Stop all acne or anti-aging products including those with AHA/BHAs (glycolic, sal acid, etc), retinols/retinoids. If you have questions about your products, ask your provider.
- Come with a clean, make-up free face, with hair back, and an open front top.

AFTERCARE PRODUCTS TO PURCHASE

- La Roche-Posay Cicaplast Healing Baume: helps restore and promote skin recovery. Cicaplast should be applied to the treated area every 2 hours.
- La Roche-Posay Thermal Spring Water Spray: soothes and calms skin. Use as needed. Keep refrigerated.

AFTERCARE PRESCRIPTIONS and OTC MEDICATIONS

- Hydroxyzine: Treats itching and swelling. Take 1 tablet (25mg) by mouth every 6 hours as needed for itching. This medication may cause drowsiness. Do not take before driving.
- Valtrex: Take if prescribed to prevent cold sores. Take 500mg twice daily starting the day before your procedure for 1 week.
- Tylenol: Take as directed by the package insert as needed for pain. Avoid Ibuprofen and other NSAIDs as they can increase your risk of bruising.

IMMEDIATE/ DAY OF AFTERCARE:

You can expect dry, roughness and potential swelling for 2-5 days following the procedure (depending on the depth of procedure). AVOID scrubbing or picking, as this can result in bleeding and possible scarring.

- Ice packs can be used to reduce burning and decrease swelling.
- Sleep on 1-2 extra pillows to minimize swelling. Use an old pillowcase or place a towel over pillow to prevent staining sheets. Wash daily. Launder daily in free & clear detergent.

DAILY AFTER CARE FOR 4 DAYS:

- Cleanse using a gentle cleanser. We recommend Vanicream Gentle Cleanser. To prevent irritation, gently cleanse your skin and do not scrub. Use lukewarm water.
- Follow cleansing with a vinegar water soak.
 - Combine 1 part white vinegar to 4 parts water. Store this covered in the refrigerator to keep cold.
 - Soak a clean cotton wash cloth in the vinegar solution and place on the treated area for 5-10 minutes. Use a new, clean wash cloth after each use. Launder in free & clear detergent.
- The treated area should be moisturized using Cicaplast immediately after cleansing and every 2 hours for the first 48 hours, then use Vanicream cream or lite for next 2-3 weeks. (Apply as often as needed)

GENERAL GUIDELINES:

- Limit activity and avoid strenuous exercise for 7 days to allow healing. Avoid close contact with pets, especially cats for 7 days post treatment.
- No make up until day 5 post treatment.
- AVOID UV LIGHT EXPOSURE while healing from the procedure. ALWAYS apply sunscreen if going outdoors. SPF 30+ with zinc. This includes driving in the car and sunlight from windows.
- Resume acne, anti-aging or correction product only when skin is no longer sensitive (7-10 days).

William Gillen,
MD

Patricia O'Connor,
MD

Shields Callahan,
MD

Eliza Hester
PA-C

Kristen Keller
PA-C