

## **Helix Laser Post Care Instructions**

### **CoolPeel + Coolpeel Fusion (Light Laser Resurfacing)**

- **CLEANSING:** After the procedure, your provider will be applying either vaseline, or exosomes. This will help soothe any heat you may feel and start the healing process. You will leave this on OVERNIGHT. The first time you wash your face will be THE NEXT MORNING after the procedure.
  - AM Routine (For 7-10 days)
    - Gentle face wash (Neova, Cerave, Vanicream, etc)
    - Hypochlorous acid (HCL) antibacterial spray
    - Neova recovery lotion or HA serum to entire face
    - You can apply sunscreen starting \_\_\_\_\_. (2 days post treatment). Wear additional sun protection such as a hat or visor while outside during your healing period.
  - PM Routine (For 7-10 days)
    - Gentle face wash
    - Hypochlorous acid (HCL) antibacterial spray
    - Neova recovery lotion or HA serum apply dime size amount to entire face

\*\*\*You can apply more moisturizer (Epiceram, Vanicream) after 24 hours to ensure skin is not too dry\*\*\*

- **WHAT TO EXPECT:**
  - You will have a sandpaper-like texture and red to brown micro spots under the skin around Day 3-7. This can be concealed with a tinted moisturizer, such as Elta MD tinted sunscreen or concealer starting Day 3.
  - Itching is common and expected during the healing process. To help with expected mild discomfort and moderate itching, you can use HCL spray first, recovery lotion, then moisturizer 2-3 times a day. Antihistamines, such as Allegra during the day and Benadryl (may cause drowsiness) at night, can help reduce itching.
  - If you have a history of cold sores, take Valtrex as directed by your provider.
- **THINGS TO AVOID:**
  - Heated and non-heated exercise, sweating, excessive heat, saunas, hot tubs, etc. for 2-3 days.
  - Avoid the use of scrubs or exfoliants for 1 week.
  - Minimize exposure to pets and objects that may contain pet dander.
  - Avoid sun exposure to reduce risk of hyperpigmentation
  - Minimize alcohol intake, OTC anticoagulants, and exercising upside down to limit bruising.
  - Avoid touching the treated area for 1-2 days while the skin is healing. To decrease risk of infection, wash hands frequently with soap and water.
  - Do not start harsh topicals such as retinoids for at least 1 week (Tretinoin, Retin-A, Hydroquinone, Vit C)