

Helix Cool Peel/Light Fractional Resurfacing

Post-Care Instructions

POST TREATMENT:

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 the next 7-10 days)**

- Gentle face wash (Cerave, Vanicream, etc) A few samples will be given, additional can be purchased at your local store.
- Hypochlorous acid (HCL) antibacterial spray. This will be provided to you.
- Moisturizer, such as Neova recovery lotion or HA serum, which can be purchased at Siperstein Dermatology.
- 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 the next 7-10 days)**

- Gentle face wash
- Hypochlorous acid (HCL) antibacterial spray
- Moisturizer such as Neova recovery lotion or HA serum apply dime size amount to entire face

After 24 hours, you can apply a gentle moisturizer throughout the day (Epiceram, Vanicream)

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.

THINGS TO AVOID:

- 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 and OTC anticoagulants
- 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)