

**DERMATOLOGY +
PLASTIC SURGERY**
For Your Best Self
SALUJA | NOVO | GASGARTH



**ARRIVE 60 MINUTES PRIOR TO APPOINTMENT (30 MINUTES PRIOR FOR DR. SALUJA).
YOU WILL BE AT THE OFFICE FOR APPROXIMATELY 2 HOURS.
PLEASE REPEAT COOLPEEL IN 4-6 WEEKS IF STARTING A SERIES, ANNUALLY FOR MAINTENANCE.
THIS IS ONE OF OUR FAVORITE EASILY TOLERATED CUSTOMIZED SKIN REJUVENATION TREATMENTS!**

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 wearing a hat and sunglasses.

1 Week Before Treatment

- *If recommended by your practitioner*, begin your Alastin Skin Regenerating Nectar, and, if advised, 4% Hydroquinone cream prescription or Alastin A-luminate, or Obagi Clear to area twice daily.
- Discontinue topical retinols, 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: Famvir 500 mg po twice daily x 7 days (Dispense #14) or equivalent. Finish the full course of medication.
- Men should have a cleanly shaven face the night before or the morning of the procedure.

Day of Treatment:

- Please come to the office with a clean face, no makeup, and your hair back away from your face and neck in a band or tie. Wear a loose cut, or buttoned shirt.
- You will feel warm after treatment; there should be no pain. You may take Tylenol 500 mg, two tablets, every 6 hours. Please inform us if there is discomfort not controlled with Tylenol.
- *If recommended by your practitioner*, start dilute vinegar soaks (soak clean washcloth in 1 tablespoon white vinegar, 2 cups water) the night of the procedure. You may soak for 5 minutes twice daily.
- Swelling is most significant the first 1-2 days post-procedure. Sleeping with your head elevated will help reduce this.
- Sleep on a clean pillowcase.

6545 N. Wickham Road, Suite F101
Melbourne, FL 32940
321-241-1160
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What to do: Up to one week

- OK to shower. Hand-washing is the most important thing you can do.
- For the first 2-3 days, you will use vinegar soaks prior to applying Nectar and Soothe & Protect. After the first 2-3 days, you will switch to a gentle cleanser, but continue use of Nectar and S&P twice daily.
- Apply Nectar to clean skin first (morning and night), followed by a thin layer of Soothe & Protect/ (or Aquaphor) ointment over treated areas during the first 3 to 7 days post procedure
- Do not pick at skin. Do not rub, scrub or use any exfoliants during this time.

What to do: After healing (5-7 days) and beyond

- Choose one of the medical grade sunscreens we offer that suits you best - so that you will use it daily. Wearing a hat and sunglasses also helps.
- Continue Nectar until skin is back to normal & not sensitive, then restart your skincare routine as tolerated. Do not neglect this! Also, it is advised to use Alastin A-luminate or 4% hydroquinone cream once or twice daily as tolerated if you tend to get brown spots.

Make sure your plan includes:

- **sunscreen**
- **topical antioxidant, growth factor, and/or peptide such as Alastin or TNS or vitamin C**
- **brightening serum *if prone to brown spots**
- **tretinoin cream**
- You may resume shaving. It is okay to use makeup.
- If anything is causing increasing redness, discontinue it and inform our office.
- Aesthetician treatments every 3 months are highly recommended to enhance and maintain your results.

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.
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** exists despite our best preventative effort. Wash your hands! Keep your environment clean! This is a must.
5. **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 longer. 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. Additional medications should only be used as directed by your practitioner.
6. **Pigmentary changes:** After treatment, rarely, skin may appear darker (hyperpigmentation) or lighter (hypopigmentation) than before.

Call us if you experience any one of the following very rare symptoms or signs:

- 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.