

## **Helix Laser Post Care Instructions**

### **CoolPeel, CoolPeel Plus & Sultra (Light Laser Resurfacing)**

- Immediately after the procedure, Neova cooling mask will be applied by your provider and should be left on until washing your face 6-8 hours later at nighttime. This will help soothe any heat you may feel and start the healing process.
- **CLEANSING:** Cleanse the skin twice daily with a gentle cleanser using your hands and gentle patting motions. DO NOT rub, scrub, or use a skin care brush/exfoliant. Swelling, redness and a mild to moderate sunburn sensation should be expected for 1 to 4 days. Physical block sunscreen (zinc/ titanium oxide based) can be applied in the morning for sun protection beginning 2 days after your procedure. It is recommended to wear additional sun protection such as a hat or visor while outside during your healing period.
  - **AM Routine** (For 1-2 weeks)
    - Gentle face wash (Neova, Cerave gentle cleanser, Vanicream, etc)
    - Lasercyn spray (other options include Neova, Avene, or Evian facial spray)
    - Neova recovery lotion or HA serum/light lotion apply dime size amount to entire face
    - Can apply sunscreen 2 days post treatment
  - **PM Routine** (For 1-2 weeks)
    - Gentle face wash (Neova, Cerave gentle cleanser, Vanicream, etc)
    - Lasercyn spray (other options include Neova, Avene, or Evian facial spray)
    - Neova recovery lotion or HA serum/light lotion apply dime size amount to entire face
- **WHAT TO EXPECT:**
  - For the Sultra or Coolpeel Plus: 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 lasercyn spray first, then Neova Cooling Gel or Velez Cooling mask (available for purchase in our office) or Recovery Lotion 2-3 times a day. Antihistamines, such as Allegra during the day and Benadryl (may cause drowsiness) at night, can help reduce itching.
  - If itching is severe or unbearable, your practitioner may prescribe a cream for additional relief.
  - If you have a history of cold sores, take Valtrex as directed by your provider.
- **THINGS TO AVOID:**
  - Exercise, sweating, excessive heat, saunas, hot tubs, etc. for 1 to 2 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)

**PRP/PRF & Exosomes are available options that can be discussed before treatment and purchased to enhance your results. If you have any questions or concerns, please reach out to the Siperstein Dermatology Team as we want your experience just as amazing as your results!**