



## Coolifting Patient Instructions

### ***Pre and Post-Treatment Instructions:***

- Discontinue the use of any Isotretinoin products (such as Accutane) for 6 months before treatment - unless you have clearance by a clinician.
- Discontinue the use of topical Retin-A or generic tretinoin for at least 48 hours before and after treatment.
- Refrain from any type of exfoliating treatments such as glycolic acid or enzymes to the area for 48 hours before and after treatment.
- Refrain from any medium and/or deep chemical resurfacing treatments (peels) and laser treatments for 1 month before and after your Coolifting treatment.
- Refrain from waxing and use of depilatories for 48 hours before and after treatment.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours before and after treatment.
- Avoid excessive sun exposure as well as the use of artificial tanning beds for 72 hours before and after treatment. Always wear sunscreen!
- Wait 2 weeks after Botox and fillers to undergo a treatment. Botox and fillers can be given on the same day but AFTER your Coolifting treatment.
- For men, shaving is not recommended on the day of treatment. If you choose to shave, please shave at least 3-4 hours prior to your treatment.
- Avoid heat (hot showers, sauna, and intense cardio) for 24 hours after treatment.
- If you do not need to apply makeup for the remainder of the day (on the day of your treatment), then wait until the next morning to wash your face.
- Regular makeup is encouraged after Coolifting. Use caution while being exposed to the sun and use an SPF of at least 35 at all times.

Patient Name \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_