



COOLPEEL / SULTRA

PRE CARE

PRE-TREATMENT CARE

- Do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish Oil, Excedrin, Aleve, etc..., for at least two weeks prior to your treatment, unless otherwise approved by your healthcare provider.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at-home exfoliating 7 days prior to your treatment, such as; at-home dermaplaning, shaving, masks and retinol. Please speak with your skin health provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- Inform Medical Provider if you have been on Accutane in the last 6-8 months.
- Inform Medical Provider or consult with your doctor if you are on any medications that could prolong wound healing, or affect coagulation.
- Avoid antibiotics 2 weeks prior to treatment.
- Avoid extended sun exposure/UV, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, long car rides in the sun, etc. and use a SPF 35 or higher 10-14 days leading up to treatment.
- No cold sores, open wounds, or warts in the area to be treated.
- You cannot be pregnant or nursing.
- No self-tanner for 2-4 weeks leading up to treatment.
- If pigmentation is a concern, you can pre-treat with Alastin A-Luminate for best results.



R U M A
M E D I C A L

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POST CARE

POST-TREATMENT CARE:

- **No exfoliation** for at least 2 weeks after your treatment.
- Avoid antibiotics for 2 weeks after treatment.
- Itchiness, irritation, swelling, crusting, redness and pinpoint dots that look like grid marks can occur after treatment for 7-14 days.
- You may notice unevenness in swelling, or redness, however, this is temporary and will resolve as your skin fully recovers.
- Avoid makeup for at least 4 days and sunscreen for at least 72 hours (mineral sunscreen is very hard to remove without rubbing your skin)
- Avoid exfoliating the skin and using active products such as retinol, Vitamin C, and acids for at least 14 days or until skin is completely healed.
- Avoid exercise and high-heat activities for 72 hours.
- Avoid sun/UV exposure for 7-10 days post-treatment.
- Stay well hydrated and avoid alcohol for 72 hours.
- Avoid self-tanner for at least 14 days post treatment.
- Avoid hot tubs, hot showers, hot baths, saunas, and any excess heat for 7-10 days after treatment.

POST-TREATMENT | DAILY INSTRUCTIONS

- **Day of Treatment:**
 - Do not wash your face tonight.
 - Use a cold compress for comfort as needed if you feel warm.
 - Avoid hot water and refrain from rubbing the treated area for 24 hours.
 - Spray with Velez Mist or Hypochlorous acid needed for soothing relief.
- **Day 2 (24 Hours Post-Treatment):**
 - Cleanse with Alastin Gentle Cleanser.
 - Continue using Velez Mist / Hypochlorous acid as needed.
 - Apply Hydrinity HA Serum, and Alastin Ultra Light Moisturizer after cleansing.
- **Day 3 (48+ Hours Post-Treatment):**
 - Cleanse with Alastin Gentle Cleanser.
 - Continue using Velez Mist / Hypochlorous acid as needed.
 - Apply a Velez Intense Hydration Face mask for at least 20 mins.
 - Apply Hydrinity HA Serum, and Alastin Ultra Light Moisturizer after cleansing.

Repeat Cleansing and Moisturizing steps from day 2 and 3 until skin texture has gone back to normal.

A rough, sandpaper-like texture may develop on your skin, which is completely normal. Do not rub or exfoliate it off. Once the texture naturally disappears, you can gradually reintroduce gentle products into your routine. However, continue avoiding active ingredients for at least 2 weeks.

If you have any questions before or after your appointment, you can email us at info@rumaesthetics or call 801-514-7650 or for after-hours questions, please text 435-210-6401