

# Helix Pre& Post Care

## Pre Care

Avoid prolonged sun exposure, 2- 4 weeks prior to treatment

- Use a sunblock with titanium/zinc and a minimum of SPF 30
- Suspend the use of spray tanning and bronzers, two to four weeks prior to treatment
- Suspend all sun exposure three to seven days prior to treatment

Accutane use must be stopped 4-6 months before treatment

Start an antiviral prophylaxis treatment for those with a history of viral infections/ cold sores, 3-7 days before treatment, at the direction of your provider

Avoid aspirin/ blood thinners 7 days before treatment

For patients prone to hyperpigmentation, you must start pre-treating with a melanin suppressor at the direction of your provider

Make sure you are hydrating, both internally and externally. This procedure targets water so it is important to drink lots of water and use moisturizer daily. Limit alcohol and caffeine intake 2-4 days before treatment. Increasing your water intake and moisturizing daily will help with efficacy of treatment and healing times

Avoid the use of topical retinols, AHAs/BHAs, and exfoliants 3-4 days prior to treatment

## Post Care

Swelling, redness and a mild to moderate sunburn sensation are common post treatment and should be expected

Mild and traditional CoolPeel / Sultra treatments downtime can be expected 1 – 5 days

Aggressive CO2 / Fusion treatments downtime can be expected 7 – 14+ days

Redness and swelling may last longer with very aggressive treatments

Day 1, do not cleanse your face or apply anything unless your provider instructs you to. Avoid sun/sun exposure, exercise, sweating, excessive heat, saunas, hot tubs, etc.

A cool compress may be used, especially in the periorbital area, to help minimize excessive inflammation. Cool compresses must be sterile for treatments that are aggressive and/or ablative. With aggressive treatments, pinpoint bleeding, weeping and oozing may be present

For aggressive / ablative treatments, apply a thin layer of topical occlusive ointment (like Vaseline or Petrolatum)

- Keep the area 'shiny' with ointment
- Bandages/wraps are not typically necessary
- If needed, vinegar soaks may be applied one or more times a day
- For 1 Cup: 1 Tbsp distilled white vinegar to 1 cup water
- For 1 Quart: 3 Tbsp of distilled white vinegar + 1 Quart water
- For 1 Gallon: ¾ Cup of distilled white vinegar + 1 Gallon water

Store in the refrigerator between uses to aid in the cooling effect. Moisten gauze with the solution and apply to the affected area

Day 2 – 7+, as directed, wash the treatment area with a mild soap / gentle cleanser and blot dry (AM and PM)

- Do not scrub the treated area
- Test a small area and if there is any burning or stinging, wait one more day before washing the area if this occurs
- Apply post treatment products (and/or ointment), as directed
- Do not use any topical products that have not been discussed with the provider
- Reapply every 3 – 4 hours or as needed to maintain a moist environment

Avoid exercise, sweating, excessive heat, saunas, hot tubs, the use of scrubs / exfoliants, etc

- Mild and/or traditional CoolPeel / Sultra treatments 2 – 4 days
- Aggressive CO2 / Fusion 10 – 14+ days
- Mild and/or traditional CoolPeel / Sultra treatments 5 – 10 days
- Aggressive CO2 / Fusion 10 – 14+ days

Minimize exposure to pets and objects that may contain pet dander. Do not allow pets to lick the treated area

Wash your hands frequently and avoid touching the treated area

Avoid sun exposure to reduce the risk of hyperpigmentation. Sunblock with Zinc and/or Titanium based should be used

Minimize alcohol intake to limit bruising and other complications

To lessen the potential for swelling, sleep with head slightly elevated (one extra pillow) Use a clean pillow case and change it frequently

Mineral makeup may be applied a few days after treatment

- Mild and/or traditional CoolPeel / Sultra treatments 2 – 5 days
  - Aggressive CO2 / Fusion 7 – 14+ days
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