



CoolTouch Laser Skin Rejuvenation Preoperative and Postoperative Information

This form is intended to provide you with the information needed to make an informed decision regarding CoolTouch noninvasive photorejuvenation and to guide you in your postoperative care.

The CoolTouch laser is used to build collagen and shrink the cysts of acne. It also has been shown to decrease the oil production in excessively oily skin. A combination of infrared laser light at 1320nm and a cryogen cooling system rejuvenates the skin from the inside out. No harsh chemicals are used. No long recovery times are necessary.

As the CoolTouch laser light passes harmlessly through the upper layers of the skin to stimulate the cells deep below the surface, your own fibroblast cells stimulate the production of collagen. The collagen and elastin fibers continue to multiply after your treatments and you will continue to see improved results over the months ahead. For acne patients, the cysts that become enlarged and inflamed are diminished and their oil production decreased.

Pre treatment instructions:

- Arrive at the office at least one hour before your treatment for topical anesthesia and photos.
- Arrive with a clean face and no makeup if possible, otherwise you may remove makeup here.
- After topical anesthesia, the treatment will take 15 to 30 minutes.
- There is minimal downtime. You may have some redness for 30 to 90 minutes.
- You can carry on with your day after the treatment and apply makeup and sun block.
- Studies show that at least 3 to 4 treatments are necessary to stimulate significant collagen growth and this growth may be sustained with treatments every 6 to 8 weeks.
- The laser protects the surface layers of skin so the treatment effects are not visible. There are no chemicals and no violation of the epidermis.
- For maximum collagen growth, we recommend Vitamin C take orally and Regenemax, a supplement that improves fibroblast function. Fibroblasts are the cells that make collagen.
- For optimal treatment of the Cystic Acne, we recommend Probiotics and AlexisMD acne products.

Post treatment instructions

- Immediately after treatment, makeup and sun block may be applied.
- You may exercise the following day with no restrictions.
- For optimal collagen production, take Vitamin C and Regenemax for at least 30 days or for several weeks during the course of treatment.
- If any unexpected side effects occur, call the office and come in to see Dr Parker or one of her medical associates.