

## **Instructions for CoolTouch Thermescent Skin Treatment**

Division of Plastic Surgery  
University Surgical Associates  
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Come to the office with clean skin—no makeup, moisturizers, topical products, etc.

Patient should remove contact lenses for comfort when treating around the eye area.

The area that has been treated will have some temporary redness and slight swelling for a few hours following your treatment.

The area treated may feel like a mild sunburn or windburn for a few hours after treatment. Apply a cool cloth or a wrapped ice pack as needed for discomfort. **DO NOT APPLY ICE DIRECTLY TO SKIN.**

Please call our office to report any blisters, areas of skin crusting, unusual pain or prolonged redness.

Be gentle with the treated area—no rubbing, shaving or scratching for a period of 24 hours. Your skin may be delicate after your treatment.

Avoid intense sun exposure to the areas treated for several days. Use a UVA/UVB sun block with a SPF of at least 15 for areas that cannot be covered.

Be patient. This is a cellular process, not a surgical one. The body responds to the gentle treatment or CoolTouch over a period of months to achieve subtle improvements.

Call back for your next treatment in approximately 4 weeks on \_\_\_\_\_  
\_\_\_\_\_.

Any other questions or concerns please call Cyndi at 937-208-4188.