

Tetra Pro (Coolpeel & Deka)

Pre-Care:

1. **Avoid Sun Exposure:** Stay out of direct sun exposure and avoid tanning (including self-tanners) for at least two weeks before treatment. Use SPF 30+ daily.
2. **Discontinue Certain Skincare Products:** Stop using retinoids, exfoliants, glycolic acids, salicylic acids, and other irritating skincare products 5–7 days before treatment.
3. **Medications:** Inform your provider of any medications you are taking, especially antibiotics, Accutane (must be off for 6 months), or blood thinners.
4. **Hydration:** Drink plenty of water and keep your skin hydrated with a gentle moisturizer leading up to your appointment.
5. **No Botox or Filler:** Avoid Botox or dermal fillers in the treated area 1-2 weeks before treatment.
6. **Cold Sore Prevention:** If you have a history of cold sores, start an antiviral medication (e.g., Valtrex) 1-2 days before your treatment.
7. **Shave the Treatment Area (if applicable):** If treating areas with hair (such as the face for men), shave the night before the procedure.
8. **Come with Clean Skin:** No makeup, lotions, or perfumes on the treatment area the day of your appointment.

Post-Care:

First 24–48 Hours:

- **Redness & Sensation:** Expect mild to moderate redness, warmth, and a sunburn-like sensation. You may also experience swelling.
- **No Touching:** Avoid touching or picking at your skin.
- **Gentle Skincare Only:** Use a mild cleanser and fragrance-free moisturizer (e.g., Hydrinity, Aquaphor, or CeraVe)
- **No Makeup:** Avoid makeup for 24–48 hours to allow the skin to heal.
- **Stay Cool:** Avoid excessive sweating, hot showers, saunas, and strenuous workouts.
- **Avoid Sun Exposure:** Wear SPF 30+ daily and avoid direct sun.

Days 3–7:

- **Mild Peeling & Dryness:** Your skin may feel dry and have a sandpaper-like texture.
- **Continue Gentle Skincare:** Hydrate with a Hydrinity.
- **Avoid Active Ingredients:** No retinoids, exfoliants, or acids until your provider approves.
- **Makeup:** Can be applied after 48 hours, but ensure brushes and sponges are clean.

Weeks 1–4:

- **Collagen Remodeling:** Your skin will continue to improve over the next few weeks.
- **SPF Daily:** Protect your results with consistent sunscreen use.
- **Avoid Laser or Aggressive Treatments:** Wait at least 4 weeks before undergoing additional skin treatments.