
after
care
ASTER AESTHETICS

CoolPeel *post-care*

WHAT TO EXPECT

Your skin will feel hot, tight, and sunburned right after with redness and a rough, sandpaper texture. Most people put on a tinted SPF the next day and carry on as normal — CoolPeel is minimal to no downtime treatment. Light swelling, flaking and peeling follow over about 3-7 days.

FIRST 24 HOURS — Hyacyn Only

- **The only thing that goes on your skin for the first 24 hours is Hyacyn Active.** Use it as often as you like to keep the skin clean, calm, and comfortable.
- **No cleanser, no serum, no moisturizer, no makeup.** Do not touch the treated skin.
- Change your pillowcase, sleep elevated, and use a clean cool compress — never ice directly on the skin.

FROM 24 HOURS ON — Your Routine

- Cleanse morning/evening with lukewarm water and a gentle cleanser. **Pat dry — do not rub.**
- **Apply your Hydrinity Restorative HA Masque after your first cleanse.** We provide an empty syringe — use it to draw up the fluid left in the pouch and continue applying morning and evening.
- Follow with **Restorative HA Serum, and Skin Better Science Trio Luxe** (or a gentle moisturizer), and keep using **Hyacyn Active** throughout the day. (or a gentle moisturizer)
- Tinted SPF is fine the next day. Regular makeup once the flaking has finished.

IF YOUR SKIN IS WEEPING — Only If Needed

- A light CoolPeel does not usually need Vaseline at all — the routine above is enough.
- **If we treated you more aggressively and your skin is weeping or glistening,** spray Hyacyn Active first, then seal it with a thin layer of plain Vaseline, and repeat that cycle until the weeping stops, then begin the masque and your routine.
- **No Neosporin, bacitracin, or any antibiotic ointment** at any point — on resurfaced skin these cause allergic rashes.
- **After a more aggressive CoolPeel, hyaluronic acid alone is not enough.** Layer a hydrating moisturizer over your Restorative HA to lock it in — we prefer **SkinBetter Science Trio Luxe.**
- **Itching is extremely common as the skin repairs.** That combination of Hydrinity and SkinBetter is what settles it, along with the redness and irritation.

ONCE YOU ARE HEALED — The Months Ahead

- **Your full result is noticeable at about 3 months,** as new collagen continues to form.
- Once completely healed — about **2-4 weeks after** a CoolPeel — we recommend a **DiamondGlow** to exfoliate and hydrate.
- **CoolPeel is often done as a series.** We will map out how many sessions and how far apart at your next visit.

WHILE YOU ARE HEALING — Days 2 to 14

- **Do not pick, peel, scrub, or exfoliate** — picking is what causes scarring and dark spots.
- Avoid retinoids, acid, vitamin C, benzoyl peroxide, and other active skincare.
- No exercise, sweating, alcohol, hot showers, saunas, or steam rooms while you are healing.
- Minimize sun. Once tolerated, **wear mineral SPF 50+** daily — **sun on healing skin causes long-lasting dark spots.**

REACH OUT WITH ANY CONCERN

Healing skin looks alarming before it looks look good. If something seems off to you, call or text us.

- Worsening redness or swelling, significant pain, drainage, a spreading rash, fever, or signs of infection. Painful blisters or clusters of small sores — that can be a cold sore flare, and we treat it quickly. Delayed healing, new raw areas, or anything that worries you — checking in is never a bother.


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