

THERMACOOL
PATIENT INSTRUCTIONS:

Expectations:

- ❖ It is not possible to completely predict who will benefit from the ThermaCool procedure, because all individuals are different. However, most patients see noticeable results by 4-6 months.
- ❖ Some patients will have terrific results, while, others may have little to no improvement.
- ❖ Some patients may notice tightening of the skin as soon as 2 weeks after ThermaCool. It is more common, however, to start noticing results 4-6 months after treatment.
- ❖ Results may last up to 2 years after just one treatment.
- ❖ You may experience redness to treated areas for 24-48 hours after ThermaCool.
- ❖ Temporary swelling can occur to treated areas after ThermaCool. Applying an ice-pack or a bag of frozen peas to the treated area during the first 1-2 days can minimize this.
- ❖ Rarely, you may experience a blister. If this occurs, **please call us** and **keep the area moist with Aquaphor or petroleum jelly** to minimize the chance of scarring.
- ❖ The treated area may be tender to touch for the first week.
- ❖ Temporary numbness to the treated area can occur and generally fades in a few days.

Skin care after ThermaCool:

- ❖ Treat affected area gently.
- ❖ Cleanse with a non-abrasive cleanser and pat dry.
- ❖ Avoid picking, scratching or rubbing the treated area.
- ❖ Please avoid direct sun exposure the first day.
- ❖ Use a broad spectrum (UVA / UVB) sunscreen daily.

Dr. Obagi's Emergency Phone Numbers:

- ❖ Work: (724) 940-7546
- ❖ After hours: Hospital Operator for the Dermatology Resident ON CALL: (412) 647-2345