

*Forever Young, Inc.*  
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**PATIENT INSTRUCTIONS FOR  
COOLTOUCH THERMESCENT SKIN TREATMENT**

- 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.
- 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 SPT 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 of CoolTouch over a period of months to achieve subtle improvements.
- Call back for your next CoolTouch treatment in approximately four weeks.