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## **COSMELAN PEEL: PRE + POST CARE INSTRUCTIONS**

### **BEFORE YOUR TREATMENT:**

- No scrubs or facial exfoliation on the day of treatment.
- Men should not shave two days prior to treatment.
- No waxing in treated areas one week prior to treatment.
- No peels, laser resurfacing or medical grade exfoliation within two weeks of treatment.
- Cannot have active Herpes Simplex blisters / cold sores.
- Cannot be pregnant or lactating.
- Use suggested home care products to maximize results.

### **AFTER YOUR TREATMENT**

- Avoid the following for 2 weeks post treatment:
  - Excessive sweating, including sauna or steam rooms (may cause sensitivity)
  - Chlorine
  - Tanning beds and direct sunlight
  - Waxing
  - Products containing glycolics, retinols, or scrubs
- Use suggested home care products to maximize results, especially a SPF 30 sun block.
- Slight windburn sensation is normal for the first 7 days.
- No picking or pulling flaking skin post treatment. Allow skin to heal naturally.

### **HOME CARE REGIMEN**

- Upon returning home, leave mask on for 6 to 10 hours after the application, then cleanse the skin thoroughly with a neutral cleanser and water.
- After cleansing, apply Mesoesthetic Hydravital Factor K cream, Alastin Skin Nectar or Vanicream (or other gentle moisturizer) over the entire treated area. Repeat daily in AM and PM until no longer red/peeling.
- When peeling has stopped, apply Cosmelan 2/Prescription Hydroquinone and Hydravital Factor K in the AM and PM each day as tolerated until your follow up appointment.
- Always apply SPF 30+ on top of the Hydravital Factor K AM application.

### **FOLLOW UP**

- Follow up appointment should be scheduled 4 weeks after treatment to evaluate.

*Should you have any questions concerning any aspect of your procedure, please call the office at: (203) 635-0770*