



## TREATMENT INSTRUCTIONS | COSMELAN

(Patient Take Home)

### BEFORE TREATMENT

- No scrubs or facial exfoliation day of treatment.
- Men should not shave two days prior to treatment, electric shave is preferable.
- 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.
- Client cannot be pregnant or lactating.
- Use suggested home care products to maximize results.

### AFTER TREATMENT

- Avoid excessive sweating for 2 weeks post treatment, like sauna or steamrooms (may cause sensitivity).
- Avoid chlorine for 2 weeks post treatment.
- Avoid tanning beds and direct sunlight for at least two weeks after treatment.
- Avoid waxing in treated areas for two weeks post treatment.
- No use of glycolics, retinols, or scrubs for 14 days post procedure.
- Use suggested home care products to maximize results, especially a SPF 30 sun block.
- Slight windburn sensation is normal for first 7 days.
- No picking or pulling flaking skin post treatment, allow skin to heal naturally.

### HEMOCARE REGIMEN

- **1<sup>st</sup> day:** Upon returning home, cleanse the skin thoroughly with a neutral cleanser and water.
- Apply the Mesoesthetic Hydra Vital Factor K cream over the entire area treated.
- **2<sup>nd</sup> day:** After cleansing, apply the Hydravital Factor K and the Mesoesthetic complete moisturizing sunblock over the entire treated areas. Apply as many times daily as needed.
- **3<sup>rd</sup> day through 2 weeks post peel:** After cleansing, begin to moisturize twice daily the Hydravital K. Once daily, apply the Cosmelan 2 15 minutes before applying the Hydravital K.
- **3<sup>rd</sup> week through 6 months:** After cleansing, begin applying the Cosmelan 2 and the Hydravital K twice daily. Apply the Hydravital K 15 minutes after the application of the Cosmelan 2.
- **Sunblock is to be used every morning on top of Hydravital K.**

### FOLLOW UP

- Follow up appointment for consultation should be scheduled 2 weeks post peel for progress.