



## Advanced Melasma Cosmelan Pre and Post Care

### Pre-Treatment Instructions

- \* Cancel appointment if pregnant, breastfeeding, if uncontrolled diabetes, or if immunocompromised
- \* 6 months before Cosmelan treatment: avoid Hydroquinone, Accutane, and facial surgery
- \* 1 week before Cosmelan treatment: avoid waxing or use of other depilatory products
- \* 1 day before Cosmelan treatment: if prone to cold sores, use Valtrex prescription starting the day before treatment and continue for 4 more days
- \* Make sure your schedule allows you to be seen 21-28 days post-Cosmelan 1 peel application for touchup application important for targeting stubborn pigmentation.

### Post-Treatment Instructions

#### \* Immediately post-peel:

- Do not enter a hot car. Cool the car cabin prior to entering during the summer.
- Expectations: Mild to moderate erythema, a stinging sensation, and tightening of the skin are expected 24-48 hours after Cosmelan 1 mask application.
- If the mask dries during the first 4 hours, spritz the face with **Avene water spray** to prevent the mask from cracking before removing it.
- During the first 4 hours after Cosmelan mask application, avoid exposure to sources of light and heat including cooking, cleaning, or anything that may bring heat to the body and skin
- For 72 hours post treatment, avoid the following:
  - sauna, hot tub, swimming pool
  - Do not put the skin under direct hot water in the shower. Water should be at room temperature when cleansing or bathing for 72 hours.
  - Do not run or workout aggressively (to the point of perspiration)

#### \*NOTE\*

Cosmelan 1 is the mask applied in-office. Cosmelan 2 is the mask applied at home.



## homecare use



**cosmelan® 2**  
maintenance cream

Home treatment supplementing cosmelan® 1 that reduces spots continuously and regulates melanin overproduction to prevent their reappearance.



**melan recovery**

Relieves the treatment's characteristic feeling of tightness and reduces sensitivity, inflammation and redness.



**melan 130+ pigment control**

Very high sun protection (131 UVB and 67 UVA) with color that helps control skin pigmentation.

### \* **Day 1 (Day of Initial Treatment)**

- Gently remove Cosmelan 1 mask after time recommended by your esthetician (see the inside flap of the Cosmelan kit box)
  - Remove the mask with cold water using your Alastin gentle cleanser
  - Do not rub the skin
  - Pat the entire face dry with a clean towel.
- Dispense a generous amount of **Melan Recovery** and massage on skin until fully absorbed.
- Apply a nickel size amount of **Melan 130+ pigment control mesoprotech** (sunscreen) on entire face until fully absorbed

### \* **Day 2**

- Cleanse the skin with Alastin cleanser using circular motions and remove with lukewarm water.
- Dispense a generous amount of **Melan Recovery** into your hands and massage until fully absorbed. Apply as often as necessary to minimize skin irritation.
- Apply a nickel size amount of **Melan 130+** (sunscreen) onto hands and apply on entire face until fully absorbed (during the day - not needed at night).

### \* **Day 3** (48 hours after initial treatment):

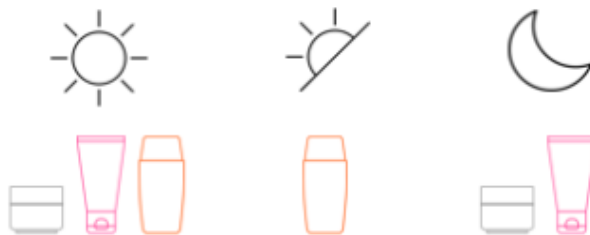
- Cleans the skin with Alastin cleanser using circular motions and remove with lukewarm water (morning and night)
- Gently apply a pea sized amount of **Cosmelan 2** on entire face (only at night)
- Dispense a generous amount of **Melan Recovery** and massage on skin until fully absorbed (**3** times a day). Cleanse skin before every Melan Recovery application.
- Apply a nickel size amount of **Melan 130+** (sunscreen) onto hands and apply on entire face until fully absorbed (during the day)

### \* **Day 4**, continuing for the first month:



- Cleanse skin with Alastin cleanser as above 3 times a day
  - Apply an even amount of Cosmelan 2 on clean, dry skin 3 times a day
  - Apply generously Melan recovery to the whole face, massaging until completely absorbed - 3 times a day
  - Apply Melan 130+ sunscreen morning and midday (skip nighttime application)
  - Wait at least 2 weeks after initial Cosmelan 1 application before neurotoxin treatment (i.e. Botox/Dysport/Juveau), dermal fillers (i.e. Juvederm/Restylane/RHA), or biostimulators (i.e. Sculptra)
- \* **21-30 days** post Cosmelan 1 application: *return to your Revive esthetician* for application of the remaining Cosmelan 1 mask for spot treatment
- Discontinue Cosmelan 2 three days prior to touchup treatment, then restart 48 hours later (just like after initial application)

\* **Month 2** after initial Cosmelan 1 application:



- Cleanse skin with Alastin cleanser as above 3 times a day
  - Apply Cosmelan 2 on clean dry skin morning and night (skip midday)
  - Apply generously Melan Recovery to the face morning and night
  - Apply Melan 130+ sunscreen morning and midday (skip nighttime application)
- \* **Months 3-6** after initial Cosmelan 1 application:



- Cleans skin with Alastin cleanser as above morning and night
  - Apply an even amount of Cosmelan 2 on clean dry skin at night only
  - Apply generously Melan Recovery to the whole face, massaging until completely absorbed - at night only
  - Apply Melan 130+ sunscreen morning and midday
- \* General considerations
- Refrain from having Hydrafacial, microdermabrasion, or microneedling for a minimum of 3 months after Cosmelan 1 application
  - Do not use any other topical products other than Cosmelan 2 home care regimen for 3-4 months after Cosmelan 1 application. At that time, it is ok to return to some serum but still avoid retinol and AHA/BHAs or other skin lightening agents (i.e. hydroquinone, kojic acid, azelaic acid, etc) while using Cosmelan 2 maintenance cream
  - Keep Cosmelan 2 home products out of sunlight and in room temperature
  - There may not be actual peeling as each case is different in terms of peeling.
  - Avoid tanning booths completely while using Cosmelan
  - Direct sun exposure is prohibited while undergoing Cosmelan treatment and the use of a wide brim hat and sun block protection with a minimum of SPF 30 is mandatory.
- \* Cosmelan 2 (without hydroquinone) may be continued indefinitely in order to maintain results.

#### **Warning**

Contact the office immediately for excessive swelling or any signs of infection. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

**\*Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**