

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 Accutane, and facial surgery
- 6 weeks before Cosmelan treatment: Avoid hydroquinone
- 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

Post-Treatment Instructions

Immediately post-peel application:

- Do not enter a hot car. Cool the car cabin prior to entering during the summer.
- Expectations:
 - While peel is still on the skin, it is normal to experience mild erythema, slight edema, tight/dry skin, and a tingling sensation that may last for 24-48 hours (however erythema may last 2-3 weeks).
- If the mask dries, spritz the face with **Avene water spray** to prevent the mask from cracking before removing it (spritz from an arm's length distance; if too close, spritz can remove parts of the mask).
- 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.
- Review home care instructions provided in Cosmelan kit:
 - Remove the Cosmelan 1 mask after 5-8 hours (as directed by your esthetician).
 - Remove the Cosmelan 1 mask by carefully rinsing with plenty of lukewarm water.
 - Once Cosmelan 1 mask is removed, apply Melan recovery.
 - Once Cosmelan 1 mask is removed, ice or cold packs may be used to reduce sensitivity.
 - For the next 7 days, use Melan recovery 3 times a day (morning, midday, and night (or more often if needed)) and Melan 130 pigment control (sunscreen) twice a day (morning and midday).
 - **Cosmelan 2 starts on day 7** and must be applied morning and night prior to Melan recovery.
- Use old but clean pillow cases and towels as the home care products have pigment that may stain.
- Do not pull peeling skin.
- It is extremely important to implement strict sun protection (wide brim hat, etc) during the entire Cosmelan treatment.

- Keep Cosmelan 2 home products out of sunlight and in room temperature.
- For 72 hours post treatment, avoid the following:
 - Sauna, hot tub, swimming pool
 - Hot showers - Water should be room temperature when cleansing or bathing for 72 hours
 - Running or aggressive exercise (to the point of perspiration)
- Do not use any other topical products other than the Cosmelan 2 home care regimen for 6 months post Cosmelan 1 application unless directed by your esthetician.
- For the duration of Cosmelan treatment, use only lukewarm water (not hot water) when cleansing the face.
- Avoid hydrocortisone to calm skin irritation as this will alter the skin's reaction and weakens the immune system which may predispose to infection.
- Refrain from having Hydrafacial, microdermabrasion, or microneedling for 3 months.
- Avoid neurotoxin treatment until 2 weeks after Cosmelan 1 application.
- It is important that the home treatment be continued for 6 months as early discontinuation may lead to rebound hyperpigmentation, post inflammatory hyperpigmentation, and increased skin sensitivity/reactivity to the environment.
- Follow up visit 6 months to track progress and assess the need for repeat Cosmelan 1.

NOTE

Cosmelan 1 is the mask applied in-office. Cosmelan 2 (pictured below) is the product applied at home.



Day 1 Cosmelan 1 Application

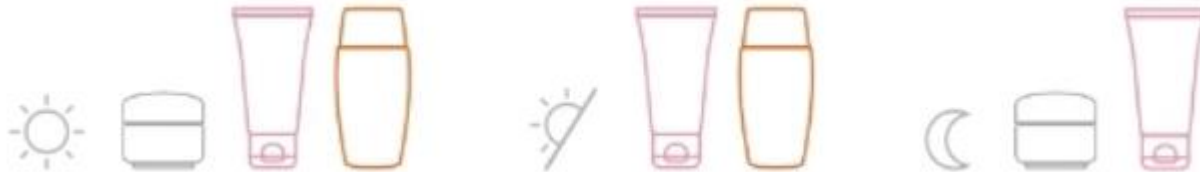
- Gently remove Cosmelan 1 mask at the time recommended by your esthetician (see the inside flap of the Cosmelan kit box).
- Remove the mask with lukewarm water (no cleanser is needed).
- Do not rub the skin
- Pat the entire face dry with a clean towel.
- Dispense a generous amount of **Melan Recovery** and massage on skin.
- If there is still daylight, dispense a nickel size amount of **Melan 130+ pigment control mesoprotech** (sunscreen) on entire face.

Day 2-6 Rest

- Cleanse the skin morning and night with Alastin cleanser using circular motions.
- Apply **Melan Recovery** at least twice daily (morning and night) or as often as necessary to minimize skin irritation.
- Apply **Melan 130+** sunscreen to the entire face in the morning and midday.

Day 7 Begin Cosmelan 2

- Cleanse the skin morning and night with Alastin cleanser using circular motions.
- Gently apply to clean dry skin an *almond*-sized amount of **Cosmelan 2** on entire face twice a day (morning and night). It is common to feel warmth and stinging during application.
- Follow Cosmelan 2 with Melan Recovery and Mesoprotech Melan 130 pigment control
 - Apply **Melan Recovery** at least twice daily or as often as necessary to minimize skin irritation.
 - Apply **Melan 130+** sunscreen in the morning and midday.
 - Continue for 6 months.



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.**