



La Jolla Cosmetic
Medical Spa
est. 2013

Cosmelan Pre and Post Care

BEFORE TREATMENT

- No scrubs or facial exfoliation day of treatment.
- Men should not shave two days prior to treatment, electric shave is preferable.
- Stop using all retinol and glycolic products 2 weeks prior to peel.
- 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.

POST TREATMENT

- Avoid excessive sweating for 2 weeks post treatment, like sauna or steam rooms (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 wind burn sensation is normal for first 7 days.
- No picking or pulling flaking skin post treatment, allow skin to heal naturally.

WHAT TO EXPECT

FIRST WEEK

- During the first three to seven days of the treatment, the skin will peel and maybe red. If the skin is sensitive, the patient may experience an itching, slight burning, and tightening of the skin and this is absolutely normal, especially during the first few hours right after starting the treatment. To relieve these problems, it is advisable to apply the melan recovery when necessary.

REDDENING OF THE SKIN

- The reddening of the skin and/or darker pigment that occurs on the face after applying the Cosmelan MD is expected and normal.



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FLAKING AND PEELING

- Flaking and peeling will occur on all skin types (and more intensely in phototypes I and II) between the second and third day. In this case it is advisable to apply melan recovery cream, repeating this every two four hours on the day when the flaking is most intense

FIFTH AND SEVENTH DAY

- After the fifth or sixth day, your skin will be calmer and you should notice some initial fading of pigmentation. When peeling is complete, you will notice smoother, clearer skin.

HOMECARE TREATMENT

FIRST DAY

- 8 hours post appointment you will cleanse the skin thoroughly with a neutral cleanser and water. Apply the melan recovery cream over the entire area treated.

SECOND DAY

- After cleansing, apply the melan recovery cream and sunblock over the entire treated areas. Apply as many times daily as needed.

THIRD THROUGH FIFTH DAY

- Mild cleanser, melan recovery cream and sunblock as needed.

WEEK 1(after peeling is complete)THROUGH 8

- Wash with cleanser and apply a pea size amount of Cosmelan 2 to skin 2 times per day. Allow to penetrate for 15 minutes, leave on and follow with melan recovery cream and sunblock as needed.

Note: Be flexible with the homecare recommendations, if stinging or irritation occurs, trying using the Cosmelan 2 maintenance cream only 1 time per day or discontinue use for 2 or 3 days, returning to 1 time per day eventually working up to 2 times per day. Every skin type is different some may be more sensitive than others