

Cosmelan Peel Pre and Post Care Instructions

Please review the following information to ensure optimal results from your treatment. Please note that if you have a history of fever blisters/cold sores, you may be required to pretreat prophylactically with Valtrex. Patients must be free of any active outbreaks at the time of treatment. Patients who are pregnant or breastfeeding are not candidates for this treatment.

Pre-Treatment

- Do not use any scrubs or exfoliants the day of your treatment. If you are currently using medical grade exfoliation products, please discontinue two weeks prior to treatment.
- Do not undergo any peels or laser resurfacing treatments for a minimum of 2 weeks prior to treatment.
- Do not shave for at least two days prior to treatment. Avoid waxing the area to be treated for a minimum of one week prior to treatment.
- Discontinue the use of Glycolic Acid and other skin lightening products 7 days prior to treatment. These products may be resumed 30 days post treatment.
- Discontinue the use of tanning beds, tanning lotions, and avoid prolonged sun exposure for 2 weeks before and after your treatment.

Post-Treatment

- Do not engage in activities that will raise your body temperature of bring heat to the skin while the mask is applied (cooking, cleaning, exercise)
- Avoid direct sun exposure while the skin is healing. Wear sunscreen with a minimum SPF 30 every day.
- Do not go swimming for 48 to 72 hours after treatment.
- You must wait a minimum of two weeks before resuming any form of treatments to the treated area. This includes neurotoxins, dermal fillers, biostimulators, facials, peels, etc.
- The Cosmelan Peel comes with step by step after care products and instructions. Your provider will educate you on its use during your appointment.

You will be provided step-by-step instructions for your aftercare at the time of your visit. Follow all instructions carefully and use the suggested home care regimen to optimize the results of your treatment.

Date *

MM/DD/YYYY

Signature *