

COSMELAN MD CHEMICAL PEEL Treatment Instructions

Home Instructions Directly After Treatment

- **Cosmelan MD chemical peel mask was applied at ____ : ____ am/pm and should be removed at home at ____ : ____ am/pm.**
- Day 1: Wash the mask off using lukewarm water **6 – 10 hours after treatment**. Repeat a gentle wash as many times as necessary to remove all traces of the product. Avoid direct contact with the eyes.
- Day 2 – 30: Apply heavy sunblock every morning, SPF 30+, preferably oil free, fragrance free, and post-procedural. Sunblock should be applied every morning, rain or shine, indoor or outdoor. If you will be spending a lot of time outdoors, reapply sunblock every 2-3 hours as necessary, even on cloudy days.
- Day 3 – 90: Apply Cosmelan Step-2 once in the evening. If skin starts to peel again, decrease application to once every 2-3 days. Daily moisturizer may be applied starting from Day 3, use provided moisturizer, or post-procedural moisturizer, if available. Avoid heavy, overly-creamy moisturizers.

Follow Up:

A follow up appointment should be scheduled 6 weeks after treatment to evaluate progress and skin health. If an appointment was not booked on the day of treatment, please contact Look Lab and book your follow-up appointment at 833.999.5665.

Follow up appointment scheduled _____.

After Your Treatment:

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

- Wash face thoroughly 8 hours after treatment. Gently massage the face with lukewarm water and a gentle face wash, and remove all serum and other debris such as dried treatment cream.
- Take extreme precautions against sun exposure especially during the first 3 weeks after treatment.
- Use suggested home care products to maximize results, especially a SPF 30+ sun block.
- Do not apply make-up for at least 12 hours after treatment.
- No picking or pulling flaking skin post treatment. Allow skin to heal naturally.
- If skin feels tender or in pain, a cold compress can be gently applied to skin, if needed.
- For the first 1-3 days the skin will be very dry and feel tight.
- After 3 months you can return to applying active ingredients products (retinol, mandelic, glycolic and salicylic), apart from Cosmelan.

- You can continue using regular skin care products without active ingredients 2-3 days after treatment or as soon as it is comfortable to do so.
- A slight wind burnt sensation is normal for the first 14 days.
- Avoid alcohol based toners for 14-21 days.
- Avoid any trauma to the skin for up to 2-5 days, such as very hot water, strenuous exercise, or massage.
- Avoid direct sun exposure for at least 10 days, if possible.
- Avoid the following for 2 weeks post treatment:
 - Excessive sweating, including sauna or steam rooms (may cause sensitivity)
 - Chlorine
 - Tanning beds and direct sunlight
 - Waxing

Before Your Cosmelan MD Chemical Peel treatment:

- No scrubs or facial exfoliation on the day of treatment.
- No Retin-A, Mandelic, Glycolic and Salicylic active ingredient products or applications for 2-4 weeks prior to treatment.
- Discontinue Hydroquinone 3-6 months prior to treatment.
- No prolonged sun exposure or sun burns to the treatment area 24 hours prior to treatment.
- Men should not shave two days prior to treatment.
- No waxing in treated areas one week prior to treatment.
- No other peels, microneedling, laser resurfacing, or exfoliation within two weeks of treatment.
- Cosmelan MD Chemical Peel is not performed on pregnant or breastfeeding patients. It is your responsibility to inform our staff of your health status including any medication and cancel/reschedule your appointment if you are pregnant or breastfeeding.
- Please remember that our obligation is to your aesthetic needs and if you have a social or occupational commitment that precludes a safe appointment and the appropriate recovery time then simply use "common sense caution" and kindly reschedule!
- If an active or extreme acne breakout occurs before treatment, we will evaluate on a case by case basis.

Communication:

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at info@LookLab.com or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram **@LookLabMedSpas**