rejuv SKIN CLINIC

cosmelan®

PRE + POST CARE INSTRUCTIONS

BEFORE YOUR TREATMENT

Avoid the following for 2 weeks before your cosmelan treatment:

- Tanning beds and direct sun exposure
- Fake tan in the treatment area
- Waxing/hair removal/bleaching in the treatment area
- Laser / IPL treatment in the treatment area
- Injectable treatments
- All exfoliating treatments (enzyme peel, algae peel, chemical peels)
- Prescription skincare products e.g. hydroquinone, tretinoin

Avoid the following for 3 days before your cosmelan treatment:

- Shaving the treatment area
- All exfoliating skincare products (AHAs/BHAs, retinols, scrubs)

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AFTER YOUR TREATMENT

Removing the mask

1. Leave cosmelan mask on for 6-8 hours after application, then carefully remove by rinsing with warm water. Do not use a cloth. Repeat until the mask is fully removed.
2. Apply Melan Recovery moisturiser
3. Apply Melan 130+ tinted SPF (depending on time of mask removal and likelihood of UV exposure)

What to expect after removal

- First 24-48 hours: skin may be sensitive, tight and red. Apply Melan Recovery moisturiser as much as needed.
- First 72 hours: swelling, itching, & redness is normal. You can alleviate symptoms with oral antihistamines and a cold compress.
- Day 4 - 5: reduction of swelling & itchiness.
- Day 6 - 8: skin starts to heal, skin becomes less red.
- Day 8 - 14: skin starts to look normal; however downtime can vary depending on your skin's sensitivity.

General aftercare advice

- Avoid sun exposure as much as possible - wear a hat, stay shaded and re-apply sunscreen every 2 hours.
- Use mesoestetic home care products to maximise your results.
- Do not pick or pull flaking skin - allow your skin to heal naturally.
- Make up cannot be worn for 1-2 weeks, depending on the level of peeling. Once your skin has healed, expect some textural changes for 2 to 4 weeks. Make up will make dry areas or flaking more visible.

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AFTER YOUR TREATMENT

Avoid the following for 2 weeks:

- Excessive sweating, including exercise, sauna or steam rooms
- Chlorine
- Tanning beds and direct sunlight
- Waxing in the treatment area
- Injectable treatments
- Wearing make up

Avoid the following for 6 months:

- Prolonged sun exposure
- All exfoliating skincare products (AHAs/BHAs, retinols, scrubs)
- Laser / IPL treatments in the treatment area
- All exfoliating treatments (chemical peels)
- Prescription depigmentation products e.g. hydroquinone
- Hair bleaching in the treatment area
- Other skin lightening ingredients (kojic acid, azaleic acid, arbutin)