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Cosmelan Peel Pre & Post Treatment Instructions

About Cosmelan Peel

The Cosmelan Peel is a chemical treatment designed to reduce hyperpigmentation and even out skin tone by exfoliating the outer layers of the skin and inhibiting melanin production. This procedure effectively targets dark spots, melasma, and other forms of discoloration, revealing a brighter, more uniform complexion.

Before Your Treatment

- Chemical peels are most effective when the skin is prepped with a good skin care regimen and with continued upkeep between treatments (ask your provider for the best products for you).
- Stop any retinols/retinoids, glycolic acid, salicylic acid, benzoyl peroxide or other potentially irritating products one week prior to the Cosmelan Peel.
- Avoid exfoliating, waxing or shaving the area one week prior.
- It is best to bring a hat for sun protection after the peel.
- Do not wear makeup to your appointment if possible. We will be cleansing your face thoroughly and removing all makeup before the treatment.
- If you have a history of cold sores/fever blisters, please inform us prior to your visit so we can prescribe medications to avoid an outbreak.
- We encourage patients to schedule the peel earlier in the day as the peel will remain on for 8-10 hours.

What to Expect During and After Treatment

- The peel is applied in the office. No discomfort is expected with the application of the peel.
- When you leave our office, you will still have the peel on, which is a thick brown paste. You will not be able to easily wear a mask after the treatment.
- Redness, variable amounts of swelling, itching, burning, tightness of the skin, and peeling is expected after the treatment for 1-3 weeks.
- Some people may experience dryness and redness beyond 1 month.
- Makeup can be applied starting day 5.
- Additional treatment may be recommended 4 weeks after initial treatment

Avoid the following for 2 weeks

- No excessive sweating
- Avoid sauna, steam room, hot yoga, tanning beds, heat, sunlight, extreme temp, pool, hot tub
- Avoid products containing retinoid, retinol, glycolics, benzoyl peroxide or any irritating products
- No waxing, shaving x 1 week
- A touch up treatment may be recommended 4 weeks after initial application.

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What to Expect During and After Treatment

- No picking, peeling or rubbing the treated area
- Long periods of mask wearing under heat can irritate skin or worsen melasma

Post Treatment Skin Care

- Day 1: Leave the peel on for 8-10 hours unless otherwise instructed by your provider. Wash your face two times a day with gentle cleansers (e.g. CeraVe, Cetaphil, Dove Sensitive Skin, or other cleansers recommended by your provider). Gently pat the skin dry and apply Melan Recovery.
- Day 2-7: Cleanse the face with a gentle cleanser followed by Melan Recovery every morning and evening. Avoid picking and scratching at the skin as this can leave pigmentation and scarring behind. Apply a sunblock with zinc oxide or titanium dioxide daily (SPF 30 - SPF 50, e.g Elta MD UV Clear). Reapply every 2 hours if you are out in the sun. It is best to wear hats when possible.
- Day 8-60: Start Phase 3 of the Cosmelan Peel. Cleanse AM/PM. Apply Cosmelan 2 AM/PM followed by Melan Recovery. Sunscreen every AM.
- Day 60-90: Apply Cosmelan 2 PM followed by Melan Recovery PM. Apply sunscreen in AM.
- **If you experience any irritation with Cosmelan 2, then reduce the frequency of use to once a day.

Everyone experiences different results and symptoms with the Cosmelan Peel. The goal is to reduce pigment, however in rare cases, pigment may darken or not respond to treatment