



WESTLAKE  
DERMATOLOGY  
& Cosmetic Surgery

## Cosmelan Treatment Instructions

### **BEFORE YOUR TREATMENT**

- No scrubs or facial exfoliation on the day of treatment.
- Men should not shave two days prior to treatment.
- 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.
- Cannot be pregnant or lactating.
- Use suggested home care products to maximize results.

### **AFTER YOUR TREATMENT**

- 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
  - Products containing glycolics, retinols, or scrubs
- Use suggested home care products to maximize results, especially a SPF 30 sun block.
- Slight windburn sensation is normal for the first 7 days.
- No picking or pulling flaking skin post treatment. Allow skin to heal naturally.

### **HOMECARE REGIMEN**

- **1<sup>st</sup> DAY:** Upon returning home, leave mask on for 8 to 10 hours after the application, then cleanse the skin thoroughly with a neutral cleanser and water. Apply Mesoesthetic Hydravital Factor K cream over the entire treated area.
- **2<sup>nd</sup> DAY:** After cleansing, apply Hydravital Factor K and sunblock (SPF 30 or higher) over treated area(s). Apply as many times daily as needed.
- **3<sup>rd</sup> DAY THROUGH 4 WEEKS POST TREATMENT:** After cleansing, apply Cosmelan 2, followed by Hydravital Factor K 15 minutes later. Do this 3 times per day on day 3 through the first week; 2 times per day during the second week; and once daily during the third week.
- **AFTER 4<sup>th</sup> WEEK:** Continue with Cosmelan 2 once daily for the next three months. Finish Cosmelan 2 and continue maintenance.
- **Sunblock should be used every morning on top of Hydravital Factor K.**

### **FOLLOW UP**

- Follow up appointment should be scheduled 4 weeks after treatment to evaluate progress.