

COSMEDIX PRE AND POST CARE INSTRUCTIONS

Pre Peel Instructions

You must follow the CosMedix pre peel treatment as advised by your skin care professional for at least 2 weeks prior to your peel.

- You may experience mild peeling, irritation during your pre peel prep.
- Do not use Retin A 3 days before treatment.
- Minimise smoking, alcohol consumption. Increase water intake.
- No treatments will be performed on any skin that has any signs of recent sun exposure. (Sun burns, recent tanning)
- Prior Herpes/cold sores require pre peel anti viral medication from your Physician.
- You may not receive peels if pregnant or trying to get pregnant, or lactating, previous use of Accutane.

Post Peel Instructions

- Do Not use any Hydroxy acids, scrubs, wash cloths, or Refine or Lightening for 5 days.
- Refrain from vigorous activity (exercise) for 24 hours.
- Do Not receive any facial treatments for 14 days following your treatment at this or any other location.
- Day 1-5: A.M. Cleanse with Benefit Clean and apply Serious Protection. P.M. Cleanse with Benefit Clean and apply Rescue (as needed). May use Mystic after day 2 for extra hydration and use Pure Enzymes as a mask, leaving on only 1-3 minutes after day 5.
- Day 6: Resume CosMedix skin care program.
- Daily use of Sun Block is mandatory.
- Refrain from sun exposure.
- In case of any complications or concerns notify your skin care professional/Physician immediately.

Potential Reactions

- Mild swelling 1-4 days after peel
- Post inflammatory hyperpigmentation (increased risk if sun protection and sun exposure guidelines are not followed)
- Mild to significant skin peeling for 3-7 days
- Small collections of fluid in prior inflamed areas.
- May experience increased acne breakout that will be temporary.
- No peeling, it is possible that the body cannot support the demand for cellular turnover and thus a slower, less visible peeling occurs.
- Redness/irritation can develop for 1-5 days after a peel.