



Cosmelan Peel Treatment Instructions

To Be Completed By Your Provider

Peel 1 Removal Time: _____ 15 Day Appointment: _____

30 Day Appointment: _____ Peel 2 Removal Time: _____

60 Day Appointment: _____ Notes: _____

Post-Care Checklist (Will Be Provided):

- Alastin Ultra Calm Cleansing Cream
- Melan Recovery Cream
- Melan 130 Pigment Control SPF
- Cosmelan 2

Day of Procedure

- You will leave the office with the peel still on your face, so plan on heading straight home.
- Immediately following your peel, avoid sun exposure and heat sources.
- The peel will start to dry and harden. Avoid scratching the skin as it will cause the peel to come off.
- Talking can also cause the peel to crack and flake off so if you can, avoid talking and try to take it easy for the rest of the day.
- You will remove your peel with lukewarm water at the time instructed by your provider (see "Peel 1 Removal Time" above). NO sooner or later. Do not use any facial cleansers.
- After removing, pat dry and apply Melan Recovery Cream.

Days 2-6: (____ / ____) - (____ / ____)

- Begin following the routine below daily in the morning, midday, and before bed:
 - Cleanse with Alastin Ultra Calm Cleansing Cream.
 - After cleansing, apply Melan Recovery.
 - (Morning & midday only) Finish with Melan 130 Pigment Control SPF

Days 7-15: (____ / ____) - (____ / ____)

- You will start the Cosmelan 2 (as listed below) in the morning, midday, and before bed:
 - Cleanse with Alastin Ultra Calm Cleansing Cream.
 - After cleansing, apply a pea size amount of Cosmelan 2 all over face, let dry.
 - Apply Melan Recovery.
 - (Morning & midday only) Finish with Melan 130 Pigment Control SPF

15 Day Follow Up Appointment

At this visit, you will receive an anti-stress hydrating mask.

**Days 15-30: (____ / ____) - (____ / ____)**

- Continue routine from days 7-15, as listed below:
 - Cleanse with Alastin Ultra Calm Cleansing Cream.
 - After cleansing, apply a pea size amount of Cosmelan 2 all over face, let dry.
 - Apply Melan Recovery.
 - (Morning & midday only) Finish with Melan 130 Pigment Control SPF

30 Day Follow Up Appointment

On Day 30, you will come in for a touch up session of the peel. A second layer will be applied to the stubborn hyperpigmentation.

- You will again leave the office with the peel still on your face, so plan on heading straight home.
- Immediately following your peel, avoid sun exposure and heat sources.
- The peel will start to dry and harden. Avoid scratching the skin as it will cause the peel to come off.
- Talking can also cause the peel to crack and flake off so if you can, avoid talking and try to take it easy for the rest of the day.
- You will remove your peel with lukewarm water at the time instructed by your provider (see "Peel 2 Removal Time" above). NO sooner or later. Do not use any facial cleansers.
- After removing, pat dry and apply Melan Recovery Cream and finish with Melan 130 Pigment Control SPF. **DO NOT use the Cosleman 2 until directed on day 32.**

Days 32-60: (____ / ____) - (____ / ____)

- After 2 days begin using the Cosmelan 2 in the morning and evening after cleansing as listed below:
 - Cleanse with Alastin Ultra Calm Cleansing Cream.
 - After cleansing, apply a pea size amount of Cosmelan 2 all over face, let dry.
 - Apply Melan Recovery.
 - (Morning & midday only) Finish with Melan 130 Pigment Control SPF

60 Day Follow Up Appointment

We will have you come back 30 days after touch up appointment for pictures and to evaluate if more at home treatment is needed.

Notes & Recommendations:
