



0800 SKIN DR (0800 754 637)



## Cosmelan Treatment Information

### What is Cosmelan?

Cosmelan is a product that can treat all types of pigmentation such as melasma, post-inflammatory pigmentation, solar and senile lentigo (age spots) and freckles.

Cosmelan is a peel procedure to reduce surface pigment followed by a special skincare regime to reduce pigment over three months. This treats the source of pigment by reducing melanin overproduction at the melanocyte.

### Who should not have Cosmelan?

You should not have Cosmelan if you are pregnant or planning on getting pregnant; breastfeeding; allergic to any component of Cosmelan; on antibiotics, isotretinoin or hydroquinone; have a skin infection; or have recently had a peel or IPL/laser treatment in the area.

### What does the 3-month treatment course involve?

**Before treatment:** For best results, use skincare with Vitamin A and C a month prior to treatment. We may also advise a peel a week prior, depending on your skin sensitivity.

**Treatment:** The Cosmelan mask will be applied in-clinic and you will wash it off later at home, after approximately 8 hours.

**Aftercare:** You may wish to take antihistamine to reduce itching. Once your skin has settled you will start using the pH-balanced skin care products provided, instead of your usual skincare regime. Using this homecare daily is essential to long term pigment reduction. After 3 months, we advise switching to a skincare regime with Vitamin A, C and pigment inhibitor for the next 4 months

### Are there any side effects?

In the first 12 to 48 hours you may experience some swelling and redness of the treated area. Very rarely this may last longer than 48 hours.

### What should I do after the 3-month Cosmelan treatment period ends?

To keep pigment at bay, it is essential to avoid sun exposure and regularly apply SPF 30+ throughout the day. You must switch to a skincare regime that continues to inhibit melanin production, with Vitamin A (at night) and C (in the morning) plus a pigment inhibitor cream, for at least the next 4 months.

Whilst Cosmelan is an effective treatment, there is no guarantee of permanent results. Your pigment may return over time, especially with UV exposure.

**If you have further questions, please feel free to contact the clinic on:**

**0800 SKIN DR (0800 754 637)**

**or Emergency After Clinic Hours:**

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Patient's Initials

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