



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 3-month skincare regime. 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 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. Your provider will advise how long you will leave the mask on. You must follow the prescribed the aftercare instructions. Failure to do so will impact your results.

### Are there any side effects?

In the first 72 hours many patients experience swelling, itching, and redness of the treated area. Very rarely this may last longer than 72 hours. You may wish to take antihistamine to reduce these symptoms. Peeling is an expected part of the treatment and can last up to 4 weeks.

**Post Cosmelan treatment:** Once your skin has settled you will start using the pH-balanced skin care products provided as part of the required homecare regime. Using this homecare as per information sheet is essential post treatment for pigment reduction.

### Ongoing maintenance:

Following your Cosmelan treatment, 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. Your provider can recommend products.

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:** \_\_\_\_\_

S:/Handouts & consents/Cosmelan/Cosmelan Treatment Information 160818

\_\_\_\_\_  
Patient's Initials



## Cosmelan after care instructions

### Client Information:

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Clinic Name: \_\_\_\_\_

Practitioner: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Treatment Information:

The cosmelan treatment mask will be applied in clinic.

The mask is to be left on the skin for \_\_\_\_\_ hours.

Please remove mask at \_\_\_\_\_ PM

Please mist skin every 2-3 hours with water while the mask is on during the day.

On completion of application time, remove cosmelan 1 mask with lukewarm water and apply melan recovery cream. The next day continue with the first 72 hours steps below.

**PLEASE NOTE:** It is imperative that **ONLY** mesoestetic skincare products are to be used as part of the cosmelan method to achieve the best possible outcome but also minimise the incidence of reactions.

The homecare should be followed for up to six months after the treatment

### First 72 Hours Post Treatment: AM

- hydracream fusion
- hydratonic mist
- melan recovery
- mesoprotech melan 130 pigment control

### PM

- hydracream fusion
- hydratonic mist
- hydravital mask for 20 minutes
- melan recovery

### 1st to 3rd Month Post Treatment: according to Clinician's recommendation

#### AM

- hydracream fusion
- hydratonic mist
- cosmelan 2 maintenance cream
- hydra-vital factor k
- melan recovery

**Please Note:** If cosmelan 2 maintenance cream cannot be tolerated on its own, then it is mixed (equal amounts) with hydra-vital factor k followed by melan recovery with mesoprotech melan 130 pigment control

#### PM

- hydracream fusion
- hydratonic mist
- Alternate night – apply hydravital mask for 20 minutes
- cosmelan 2 maintenance cream
- hydra-vital factor k
- melan recovery

**Please Note:** If cosmelan 2 maintenance cream cannot be tolerated on its own, then it is mixed (equal amounts) with hydra-vital factor k followed by melan recovery



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### Optional Step – From Week 6:

- **ha densimatrix** in the morning for additional hydration

### Optional Step – Once **cosmelan 2 maintenance cream** is used only once a day:

- **aox ferulic** in the morning, to help boost results and enhance brightness

### 4<sup>th</sup> to 6<sup>th</sup> Month Post Treatment:

#### AM

- hydracream fusion
- hydratonic mist
- hydra-vital factor k **OR** melan recovery
- mesoprotech melan 130 pigment control

#### PM

- hydracream fusion
- hydratonic mist
- cosmelan 2 maintenance cream
- hydra-vital factor k
- melan recovery

**Please Note:** If cosmelan 2 maintenance cream cannot be tolerated on its own, then it is mixed (equal amounts) with hydra-vital factor k followed by melan recovery