

# mesoestetic®

## Cosmelan Information and Instructions

### Preliminary Information for the Patient

**Important:** It must be known if the patient has undergone any previous treatments, especially with glycolic acid if confirmed, any treatment, especially glycolic acid, must be eliminated at least, one week prior to using Cosmelan Depigmentation treatment.

The Cosmelan Depigmentation treatment initiated at the medical office must be continued at home, on a daily basis, according to the guidelines indicated.

The treatment must not be interrupted under any circumstances, during the whole time prescribed.

It is completely forbidden to combine the Cosmelan Depigmentation treatment with other depigmentation treatments, as the appearance of undesired effects cannot be guaranteed.

Treatment control visits are recommended, 8 days after beginning of treatment, 15 days after, and a follow up visit every month thereafter.

### Treatment Application

#### Application of Degreasing Solution

Clean skin with water and neutral cleanser.

Apply Degreasing solution to the whole area to be treated. It will eliminate all impurities oil from the skin to achieve optimum penetration of Cosmelan 1 cream.

#### Application of Cosmelan 1

Evenly distribute the cream to form a facemask, applying a thicker layer over blemishes gradually thinning out over the rest of the face.

The patient goes home with the mask applied based on the Fitzpatrick photo type classification suggested below:

- Photo type 1 & 11: 4 - 5 hours
- Photo type 111 & 1V: 6 - 8 hours
- Photo type V & V1: 8 - 10 hours

\* If patient is extremely sensitive, the time of action can be 4 hours, or cut by 2 hours.

After the action time has elapsed, the patient must remove the mask with water and a neutral cleanser. Following, the patient will apply a thin layer of Hydra Vital Factor K cream over the whole surface area.

### HOME CARE

#### EVOLUTION AFTER COSMELAN 1

##### First and second day

During the first two days of the treatment, the skin may turn red.

If the skin is very sensitive, the patient may experience an itching feeling.

A slight burning and tightening of the skin is also absolutely normal, especially during the first 24 to 48 hours after starting the treatment.

To relieve these problems, it is advisable to apply the **mesoestetic Hydra-vital factor K** whenever necessary.

##### Reddening of the Skin

The reddening that occurs on the face after applying the **Cosmelan 1** treatment is similar to the effects of day-long exposure to the sun in the snow without protection. (Intense reddening in photo types 1 & 2, and practically non-existent in photo type IV and V).

##### Flaking

Flaking may occur on all skin types (and more intensely in photo types 1 and 11) between the second and third day. In this case it is advisable to apply Hydra-vital factor K cream, repeating this every two hours on the day when flaking is most intense.

##### Third and Fourth day

After the third or fourth day, the skin appears healthy and luminous and the marks begin to fade.

##### Make - Up:

From the day following the start of the treatment, the patient can apply make up perfectly. If the skin is hot and red, the patient may prefer a loose powder.

### COSMELAN 2 - HOME TREATMENT PROTOCOL

On Third or Fourth day start the following:

Suggested Times Step 1 Step 2 Step 3

Week 1 8:00 am after 15 Min

And Wash Face Cosmelan 2 Hydra Vital Factor - K

2 X Day 4:00 pm Moisturizing Sun Block

**Week 2 8:00 am after 15 Min**

**And Wash Face Cosmelan 2 Hydra Vital Factor – K**

**2 X Day 4:00 pm Moisturizing Sun Block**

**Week 3 &.... 8:00 am after 15 Min**

**OR Wash Face Cosmelan 2 Hydra Vital Factor – K**

**1X Day 4:00 pm Moisturizing Sun Block**

**Facial Cleanser:**

Wash face twice a day / or as much as necessary / massage gently, rinse with water.

**Milk Cleansers:**

Clean face twice a day / or as much as necessary / apply to face and neck using the fingertips, massaging gently in a circular motion.

The milk cleanser will remove the emulsion using cotton wool or a cosmetic pad.

**Facial Tonic:**

Apply small amount to face with cotton twice a day, or as necessary. Use a cosmetic pad and apply to face and neck with gentle movements over the entire surface. Wait a few moments to allow complete absorption before applying cream.

**Cosmelan 2:**

Apply a thin layer daily all over face and neck, mask style, with a light circular movement, using the table above.

**Notes:**

- In the third week if you decide to use Cosmelan 2 at **night time** you must use Sun block every morning and re: apply it **every four hours** .
- If you feel dryness, excessive peeling or irritation while using Cosmelan 2, stop using product for 2 days and then resume on the 3 rd day. If you have any other questions, please contact your physician.
- If the skin becomes extremely reddened during the Cosmelan 2 treatment, apply Hydra-vital factor K cream to correct the reddening.
- Avoid contact with the eyes and mucous membranes. In the event of accidental contact, **Wash with abundant amount of soap and water.**
- The use of any other cosmetic product is not recommended during treatment in order to prevent any unpleasant or unexpected interactions.
- Cosmelan 2 is not recommended for use on children under 12 years of age.

**Possible Incidents**

At times, due to the sensitivity of certain areas of the skin, a small crust may occur or excess flaking or more intense reddening than normal when the facemask (Cosmelan 1) is removed.

This must not cause concern as it only means that the treatment has been more intense in that area. The procedure to follow is simply, not to apply Cosmelan 2 on the skin of the area where the incident has occurred and wait until it has totally regenerated. Once this has been achieved, it is recommendable to start the application in that area, on alternate days.