



Medical Skin and Laser  
3/37 Elizabeth Street, Kalamunda 6076  
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## **Dermaceutic Cosmo Peel After Care**

### **What is a Chemical Peel?**

A chemical solution is applied to the skin to accelerate the skin's natural exfoliation in a controlled way, so that new skin can grow in its place. Skin Peels are used to treat the following indications: Acne prone skin, premature skin ageing, pigmented spots and melasma.

### **Post Peel**

After the peel process your Dr will apply a Cosmo Peel Cream

- Leave the Cosmo Peel Cream on to take effect: you may return home and rinse your face with cool water the following morning ( or 12 hours after treatment).
- For the first four days cleanse your face with a cleanser that does not contain glycolic acid. We recommend our Advance Cleanser, alternatively Micellar water or QV wash.
- After cleansing, apply your Stratamed dressing twice daily followed by K Ceutic. Stratamed is a silicone barrier which aids in healing and reduces the risk of infection. Continue using K Ceutic as often as needed throughout the day to keep the skin moist.
- Apply K ceutic treatment cream as often as necessary in the 72 hours after the peeling for its repairing and hydrating action. **You must not let your skin dry out.**
- After 4 days, cleanse daily with Foamer 15 or 5 ( This is a glycolic acid based wash). - This can be purchased from Medical Skin and Laser
- Use K Ceutic every morning and night for at least 2 weeks, as a post peel repair treatment and to prevent red patches.

There may be some swelling over the first few days post treatment. The skin will gradually flake off and be replaced with new skin. It can take 5 - 10 days for the skin to completely restore itself. Keep your skin hydrated with K Ceutic and apply Stratamed twice daily.

**Please note: the lip, cheek and chin areas are the first area to peel and may feel quite tender, red, swollen and sore. Rest assured this is normal. Keep your skin well hydrated with the use of K Ceutic.**

**During the day for added comfort you can use a white vinegar cold compress to aid in discomfort. If remaining indoors feel free to apply vaseline over the entire face. Leave on for 10 minutes then wipe off.**

If leaving the house **DO NOT** use vaseline you **MUST** use K Ceutic as this contains SPF 50+

It is highly recommended to stay indoors during the healing process. Keep fingernails short and **DO NOT PICK OR SCRATCH THE AREA.**

**Cold Compress Instruction**

2 tablespoons of white vinegar to 2 litres of cooled boiled water.  
 Soak a cloth in the mixture and seal them in zip lock bags in the freezer.  
 Remove from the freezer and bag then use as a compress against the skin as required. This will aid in correcting the PH balance of your skin. We recommend having a few made ready in the freezer. Please do not reuse the cloth.

After using the vinegar wraps, the skin may be dry, so apply a thick layer of K Ceutic to your face or apply a layer of Vaseline and leave it on for 10 minutes before wiping off. It must be warned that Vaseline should not be left on overnight, as it is reclusive and will not allow the skin to breathe.

Any concerns please don't hesitate to call us on 6293 1066

**Cosmo Peel**

<b>AM</b>	<b>PM</b>
Advance Cleanser	Advance Cleanser
Stratamed	Stratamed
K Ceutic - hourly / frequently for the first 72 hrs	K Ceutic
<b>Day 4 - 10</b>	
Switch to Foamer 15	Foamer 15
Stratamed	Stratamed
K Ceutic - continue using frequently throughout the day	K Ceutic

**Disclaimer:**

*Post care is individual to everyone, so this should be used as a guide only. Should you experience any burning, stinging, excessive redness, pain, excessive dryness, any signs of infection, including new breakouts, please contact our clinic as soon as possible. Our medical team is here to help you at any point along the journey. We are invested in making sure that you obtain the best outcome.*