



Dermamelan Peel Pre & Post Care Instructions

What to expect after your treatment

The Dermamelan peel is an efficient cosmetic depigmentation treatment against skin blemishes caused by melanin. These blemishes have various origins, among which are:

- Genetics
- Ethnic Group
- Sex
- Pregnancy
- Oral Contraceptive Use
- Hormonal Changes
- Sun Damage

The Dermamelan method acts within the cells responsible for skin pigmentation, decreasing colour production in areas where excess production is apparent, to achieve the disappearance of unattractive blemishes caused by excess melanin in the skin.

The treatment should always be in conjunction with the use of moisturising sun protection with regular applications throughout the day.

It is important to avoid sun exposure, tanning, exfoliation and non-prescribed skin care products before the treatment, as this may affect the end result and result in unwanted side effects. By adhering to the pre-treatment skin preparation, your results will be optimized with a lower risk of any side effects and downtime. The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin. This can affect the results and increase the risk of complications such as scarring and post inflammatory hypo/hyperpigmentation.

After the treatment, your face will feel slightly red and irritated but makeup can be applied (with clean hands or a clean brush) from 24 hours post mask application. Strict avoidance of heat and the sun is essential (eg hot showers, spas, saunas, heavy exercise in the first 72 hours).

Some swelling will also be experienced in the first week. This varies between individuals and can be mild to quite significant. Swelling can be managed with a cool compress, sleeping on 2 pillows and antihistamines (for example 10mg loratadine daily).

The most important step in your routine will be an SPF 50+ at all times.

After 2-3 days, there will be some mild-moderate skin shedding and peeling. This can last up to 2 weeks. After the shedding process, your skin may still appear pink and “new” for up to 3 months. This “new” skin must be treated with care at all times.

During the first or second week of the Dermamelan program, the skin will already show a substantial improvement in pigmentation. It is very important to not stop your homecare treatment here, as the final result is seen after 6-9 months of treatment.

If underlying congestion in the skin is present, you may experience some minor breakouts or occasional pimples. If this occurs they are very short lived and resolve fairly quickly. This is normal if the skin is congested prior to treatment.

If you have a history of eczema or dermatitis, as well as herpes simplex (cold sores), please be aware through disturbing the immune function of the skin and inducing inflammation, that these symptoms may temporarily arise. In the case of cold sores, it is recommended to take a course of preventative medication before/after your treatment. Please let your practitioner know if these symptoms arise.

Sometimes the down time with Dermamelan can be confronting (due to the swelling, dryness and peeling) and everyone has different experiences and tolerates the treatment differently. Rest assured the above is normal and expected. It can be an emotional journey treating stubborn hormonal pigmentation so please discuss this with your practitioner during the process. Our team is here to help.

Immediate aftercare – what to do at home



- Your practitioner will instruct you on how long to leave your Dermamelan Clinical Mask on for. This varies according to the severity of the pigmentation and ranges from 8-12 hours.
- On completion of application time, remove Dermamelan Mask with warm water. Your skin will appear red and warm. Apply Melan Recovery.
- The home care products provided to you and the instructions below are designed for use in the **first 12 weeks post treatment**. Strictly following your homecare prescription is imperative for results. There should be enough product for the duration of treatment. Ongoing improvement and maintenance will continue over the 6-12 months following treatments.

Products provided:

- Dermamelan treatment cream – home treatment supplementing Dermamelan mask that reduces pigment and continuously regulate melanin overproduction to prevent their appearance. Tip: Apply Dermamelan depigmentation cream over clean, dry skin with a gentle massage to complete absorption.
- Melan recovery – soothing and restoring balm – relieves the treatment's characteristic feeling of tightness and reduces sensitivity, inflammation and redness
- Melan 130 Pigment Control SPF 50+ – very high sunscreen (UVA and UVB) pigment system. This helps to prevent the appearance of sunspots and favours a brighter and more even skin tone

First 48 Hours (2 DAYS) Following Treatment

AM

- Use Ultra Gentle cleanser to clean the skin
- Apply Melan recovery
- SPF – Mesoprotech Melan 130 Pigment Control

PM

- Ultra Gentle Cleanser
- Melan Recovery

DO NOT USE THE DERMAMELAN TREATMENT CREAM IN THE FIRST 48 HOURS FOLLOWING MASK APPLICATION

First 4 Weeks Post Treatment (after first 48 hours)

AM

- Ultra Gentle Cleanser
- Dermamelan Treatment Cream on its own (or if not tolerated mixed with equal parts Melan Recovery Cream and Hydra-Vital Factor K, applied over the top).
- SPF – Mesoprotech Melan 130 Pigment Control

MIDDAY

- Ultra Gentle Cleanser
- SPF – Mesoprotech Melan 130 Pigment Control

PM

- Ultra Gentle Cleanser
- Dermamelan Treatment Cream on its own (or if not tolerated mixed with equal parts Melan Recovery Cream and Hydra-Vital Factor K, applied over the top).
- Melan Recovery

4 Weeks + (continue for following 5 to 6 months post treatment)



AM

- Ultra Gentle Cleanser
- Anti-ageing/treatment active of choice – Pigment suppressor, Vitamin C and antioxidants recommended (please see your dermal therapist for the recommended product)
- SPF – Mesoprotech Melan 130 Pigment Control

PM

- Ultra Gentle Cleanser
- Dermamelan Treatment Cream on its own, or if not tolerated mixed with equal parts Melan Recovery Cream and Hydra-Vital Factor K, applied over the top
- Anti-ageing/treatment active of choice eg Vitamin A/Retinol – (please see your dermal therapist for the recommended product)
- Melan Recovery

Treatment follow-up

Subsequent treatments are based upon your therapist's recommendation. In the case of Dermamelan, this may be once every 12 months. Some people require a second treatment at 6 months.

Continued use of homecare active products is recommended indefinitely. The provided products are as per MESOESTETIC DERMAMELAN PROTOCOL and are designed for use for the 12 weeks following treatment. You may run out of products prior to this time depending on how much you are using at home.

Home care and use of a **pigment suppressor** must be continued long term to maintain pigment suppression and the quality of the skin that is achieved following Dermamelan (this is especially important in cases of hormonally driven pigment such as melasma). Other products or your regular skin care regime may be used following the 12 weeks of formal Dermamelan treatment at the discretion of your dermal therapist.

Occasionally, further Dermamelan maintenance cream may be required if pigmentation is severe or if aftercare instructions were not followed correctly. Please note that if you require any further Dermamelan maintenance cream this costs \$450.

Please contact us at 469-823-0402 if you have any questions about your treatment or aftercare instructions.