

# O Cosmedics Dermal Planning™

## IMPORTANT INFORMATION

### When having an O Cosmedics Dermal Planning™ treatment it is important to remember-

1. Your recovery time and depth of peeling will depend on your skin condition and the chosen peel. Your skin may become very hot, red and peel significantly. Your Skin Care Specialist will discuss with you what you may experience and the aftercare.
2. Avoid direct sun for 5-10 days. Mineral Pro SPF 30+ is mandatory and must be reapplied every 2 hours.
3. Avoid Waxing/Hair Removal for 14 days.
4. Avoid peels, IPL, Laser and Cosmeceutical Facial Treatments for 14 days that are not prescribed by clinic.
5. Avoid exercise, heated yoga, saunas, spas and getting over heated for 24 hours.
6. Do not pick, scratch or peel the skin.
7. No exfoliating products, AHAs, Vitamin A products, Retin A scrubs, or enzymes post treatment for 5 days.
8. Do not use harsh or scratching washcloths for three days after the peel. Apply O gentle antioxidant cleanser to clean hands for application.

### Additional Instructions:

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I understand and agree to comply with the above instructions. I also agree to contact the clinic with any further questions if I am concerned or unsure post treatment.

Name:

Date:

Skin Care Specialist:

Contact Number:

### Contraindications for ALL peeling

- Active Cold Sores
- Open Lesions
- Infection
- Uncontrolled Diabetes
- Lupus & Auto Immune Diseases
- Retin A – cease two weeks prior to reduce excessive peeling
- Roaccutane – Twelve months
- Blood infections
- Pregnant and breast feeding
- Skin Cancer in the treatment area
- Undergoing chemotherapy or immune therapy
- Sunbaking and Sun beds are to be avoided the entire duration of the treatment regime
- Unrealistic Expectations of the client
- Unprepared skin. Please assign home care products for the client
- Be cautious with photosensitive medications. Please see consent form for list of medications.