

today

 At _____, remove the crème masque by washing the treated area with **glowMD Gentle Foamy Cleanser**. Gently pat skin dry and apply **glowMD Anti-Redness Soothing Balm**.

 At bedtime, wash the treated area using **glowMD Gentle Foamy Cleanser**. Gently pat skin dry and apply **glowMD Melanage Crème*** as tolerated.

tomorrow and next 6 days

 In the morning, wash the treated area using **glowMD Gentle Foamy Cleanser**. Gently pat skin dry and apply **glowMD Anti-Redness Soothing Balm**. Follow up with an application of **glowMD Just My Shade** sunscreen.

 At bedtime, wash the treated area using **glowMD Gentle Foamy Cleanser**. Gently pat skin dry and apply **glowMD Melanage Crème*** as tolerated. Use Refresh eye drops as needed for eye irritation.

after week 1

 In the morning, wash the treated area using **glowMD Gentle Foamy Cleanser**. Gently pat skin dry and apply **glowMD Intensive Soothing Complex** as needed to control excessive dryness. Follow up as always with an application of **glowMD Just My Shade** sunscreen.

 At bedtime, wash the treated area using **glowMD Gentle Foamy Cleanser**. Gently pat skin dry and apply **glowMD Melanage Crème***—in case of dryness or irritation, application may be adjusted to every other night or as directed. Apply **glowMD Intensive Soothing Complex** as needed to control excessive dryness.

*If excessive redness, itching, peeling, or swelling occurs, discontinue use of **glowMD Melanage Crème** and instead apply **glowMD Anti-Redness Soothing Balm**. In case of swelling, apply cold compresses as needed. Once symptoms subside, resume treatment with **glowMD Melanage Crème**.

things to remember

Do not vigorously rub the skin or pick at the flaking skin.

Sun protection is critical. You should not have any sun exposure without applying **glowMD Just My Shade**. This includes just driving to work. No tanning beds.

Wait 7-10 days before:

- laser treatments, waxing, using depilatories, or microdermabrasion.
- using Retin-A (tretinoin), Renova, Differin, Tazorac, or other exfoliating agents.
- swimming or using sauna.

If you were instructed to take an antiviral medication, please complete the prescribed course.

The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching, and obvious peeling of the site, which could last for 1-2 weeks.

In the days after the peel, the skin may feel and look tight. Preexisting lesions may darken and appear grayish to brown. These are expected reactions.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after-hours through the answering service. We are happy to speak with you anytime.

GLOWMD BY MANHATTAN DERMATOLOGY
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cut and tape instructions below to bathroom mirror 

melanage peel POST-CHEMICAL PEEL INSTRUCTIONS

glowMD
BY MANHATTAN DERMATOLOGY

today

 AT... _____ AM _____ PM	 AT BEDTIME...
WASH MASQUE OFF WITH: gentle foaming cleanser	WASH SKIN WITH: gentle foaming cleanser
APPLY TO SKIN: anti-redness soothing balm	APPLY TO SKIN: melanage crème

tomorrow and next 6 days

 IN THE MORNING...	 AT BEDTIME...
WASH SKIN WITH: gentle foaming cleanser	WASH SKIN WITH: gentle foaming cleanser
APPLY TO SKIN: anti-redness soothing balm just my shade	APPLY TO SKIN: melanage crème

after week 1

 IN THE MORNING...	 AT BEDTIME...
WASH SKIN WITH: gentle foaming cleanser	WASH SKIN WITH: gentle foaming cleanser
APPLY TO SKIN: intensive soothing complex just my shade	APPLY TO SKIN: melanage crème intensive soothing complex