

# POST-PROCEDURE PROGRAM

Regimen Guide



AESTHETICS

## Key Products

### **C-Foaming Cleanser**

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This gentle cleansing foam safeguards the skin from numerous challenges to its health, including air pollution, chlorinated tap water, and sun exposure with UVA/UVB rays.

### **Smart Occlusive System**

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Specifically formulated to restore and fortify the compromised epidermal barrier, this cream contributes to overall skin health and supports the recovery process by replenishing of occlusive and physiological corrective assembly of lipids in an optimal ratio.

### **Lacto 10 + DERMSHIELD™**

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Lactic Acid 10% pH 3.5

This rejuvenating cream hydrates, refines skin texture and tone as well as allows other topicals to do their job more efficiently.

### **HydroCalming + Vit Complex**

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Multi-level hydration + vitamin complex for dehydrated, sensitive and irritated skin. 10 types of hyaluronic acid + a PCA and amino acid blend, closely resembling the composition of NMF + a powerful combination of actives to deeply hydrate the skin, delivering a plumping and anti-wrinkle effect.

### **DeFlame + DERMSHIELD™**

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This specialized development offers powerful anti-inflammatory and healing properties, thanks to the unique DermShield™ + Seanergy Technologies, along with a carefully balanced composition that includes Epidermal Growth Factors + Antioxidants. DeFlame helps reduce inflammation and supports skin recovery in conditions such as reactive skin, inflamm-aging, and post-procedure inflammation.

### **MultiVit Sun Protector SPF 30**

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This smart sunscreen offers comprehensive protection against harmful UV, HEV (visible light), and IR (heat) rays. Contains Physical + Encapsulated organic UV Filters. In addition to shielding the skin, it delivers essential vitamins (C, E & Niacinamide) to nourish and support the healing process.

## Post-Procedure Regimens

- 1 MICRO-ABLATIVE/FRACTIONAL LASER
- 2 ABLATIVE TREATMENT / CO2
- 3 MEDIUM CHEMICAL PEEL
- 4 MICRONEEDLING, RF FRACTIONAL

**1****MICRO-ABLATIVE / FRACTIONAL LASER****Actions 4 hours after the procedure**

## After 4 hours

If skin still feels warm/vulnerable, use more cold water compresses to reduce inflammation and heat. Once skin has completely cooled:

**HydroCalming + Vit Complex** Apply 4-5 pumps to the skin using gentle massage movements. A slight tingling sensation may occur but typically subsides within 30–60 seconds.

**Smart Occlusive System** Apply the required amount of cream to the skin after cleansing. Reapply as needed to maintain hydration and soothe the skin. Avoid allowing the skin to dry out.

## Day 2

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|----------|---------|--|
| <b>1</b> | am + pm | <b>C-Foaming Cleanser</b> Squeeze out an appropriate amount into the palm and add just enough water to produce foam. Gently cleanse and rinse with cool water.                   |
| <hr/>    |         |  |
| <b>2</b> | am + pm | <b>HydroCalming + Vit Complex</b> Apply 4-5 pumps to the skin using gentle massage movements. A slight tingling sensation may occur but typically subsides within 30–60 seconds. |
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| <b>3</b> | am + pm | <b>Smart Occlusive System</b> Apply a coat to entire area treated. Reapply as needed to maintain hydration and soothe the skin.  |
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| <b>4</b> | am      | <b>MultiVit Sun Protector SPF 30</b> Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.   |
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## Day 3 - 6

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|----------|---------|--|
| <b>1</b> | am + pm | <b>C-Foaming Cleanser</b> Gently cleanse and rinse with cool water.  |
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| <b>2</b> | am + pm | <b>HydroCalming + Vit Complex</b> Apply 2-3 pumps and massage into skin.   |
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| <b>3</b> | am + pm | <b>DeFlame</b> Apply 2-3 pumps and massage into skin.  |
| <hr/>    |         |  |
| <b>4</b> | am + pm | <b>Smart Occlusive System</b> Apply a coat to entire area treated.   |
| <hr/>    |         |  |
| <b>5</b> | am      | <b>MultiVit Sun Protector SPF 30</b> Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours. |
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Avoid direct sunlight to face.

## Day 7 - 10

1	am + pm	<b>C-Foaming Cleanser</b> Gently cleanse and rinse with cool water.
2	am + pm	<b>HydroCalming + Vit Complex</b> Apply 2-3 pumps and massage into skin.
3	am + pm	<b>Lacto 10</b> Apply 2 pumps and thoroughly massage into the skin until fully absorbed.
4	am + pm	<b>DeFlame</b> Apply 2-3 pumps and massage into skin.
5	am + pm	<b>Smart Occlusive System</b> Apply a coat to entire area treated.
6	am	<b>MultiVit Sun Protector SPF 30</b> Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

## Day 11+

**You may begin to restart daily regimen.**

**Multi-Vit Sun Protector SPF 30** Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

## 2 ABLATIVE TREATMENT / CO2

Until the skin has fully recovered, it is advised to avoid bathing (showers only).

**Steps immediately and 2-3 days post procedure** Every 2 hours, apply dry cold compresses.

**Smart Occlusive System** Apply 3 pumps and massage into skin 3-4 times a day after cleansing.\* Avoid direct sunlight to face.

## Day 1 - 3

1	am	Apply a solution of 1-1.5 tablespoons of vinegar in a glass of water to the skin.
	pm	<b>C-Foaming Cleanser</b> Gently cleanse and rinse with cool water.
2	am + pm	<b>HydroCalming + Vit Complex</b> Apply 4-5 pumps to the skin using gentle massage movements. A slight tingling sensation may occur but typically subsides within 30–60 seconds.
3	am + pm	<b>Smart Occlusive System</b> Apply a thick layer and massage into skin.*

\* Reapply as necessary to keep skin hydrated and calm. Do not let skin dry out.

## Day 3+

**If needed, use more cold water compresses to reduce inflammation and heat.**

During the first 2-3 days post-treatment, the skin undergoes incrustation and then starts to peel. Do not pick or peel the skin.

## Once the skin begins peeling - Day 13

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1	am + pm	<b>C-Foaming Cleanser</b>	Gently cleanse and rinse with cool water.
2	am + pm	<b>HydroCalming + Vit Complex</b>	Apply 2-3 pumps and massage into skin.
3	am + pm	<b>Lacto 10</b>	Apply 2 pumps and thoroughly massage into the skin until fully absorbed.
4	am + pm	<b>DeFlame</b>	Apply 2-3 pumps and massage into skin.
5	am + pm	<b>Smart Occlusive System</b>	Apply a coat to entire area treated.*
6	am	<b>MultiVit Sun Protector SPF 30</b>	Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

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## Day 14+

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1	am + pm	<b>C-Foaming Cleanser</b>	Gently cleanse and rinse with cool water.
2	am + pm	<b>HydroCalming + Vit Complex</b>	Apply 2-3 pumps and massage into skin.
3	am + pm	<b>Lacto 10</b>	Apply 2 pumps and thoroughly massage into the skin until fully absorbed.
4	am + pm	<b>DeFlame</b>	Apply 2-3 pumps and massage into skin.
5	am + pm	<b>Smart Occlusive System</b>	Apply a coat to entire area treated.*
6	am	<b>MultiVit Sun Protector SPF 30</b>	Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

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\* Reapply as necessary to keep skin hydrated and calm. Do not let skin dry out.

### 3

## MEDIUM CHEMICAL PEEL

### Actions after 24 hours after the procedure

Use cold water compresses (no rubbing) to reduce inflammation and heat.  
Avoid direct sunlight to face.

1. Gently massage treated area with cool water and fingertips.  
Avoid firm pressure and fast movements.
2. **Smart Occlusive System** Apply to entire treated area.\*

### Day 2 - 10

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|---|---------|--------------------------------------|---|
| 1 | am + pm | <b>C-Foaming Cleanser</b>            | Gently cleanse and rinse with cool water.   |
| 2 | am + pm | <b>HydroCalming + Vit Complex</b>    | Apply 2-3 pumps and massage into skin.  |
| 3 | am + pm | <b>DeFlame</b>                       | Apply 2-3 pumps and massage into skin.  |
| 4 | am + pm | <b>Smart Occlusive System</b>        | Apply a coat to entire area treated.*   |
| 5 | am + pm |                                      | Mid-day blot treated area with cool compresses. May repeat this 2-3 times throughout the day to breakup any weeping and crusting. Reapply Smart Occlusive System immediately. |
| 6 | am      | <b>MultiVit Sun Protector SPF 30</b> | Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.   |
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\* Reapply as necessary to keep skin hydrated and calm. Do not let skin dry out.

Day 11 - 13 (Once wounds are closed and skin starts to re-epithelialize)

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1	am + pm	<b>C-Foaming Cleanser</b>	Gently cleanse and rinse with cool water.
2	am + pm	<b>HydroCalming + Vit Complex</b>	Apply 2-3 pumps and massage into skin.
3	am + pm	<b>Lacto 10</b>	Apply 2 pumps and thoroughly massage into the skin until fully absorbed.
4	am + pm	<b>DeFlame</b>	Apply 2-3 pumps and massage into skin.
5	am + pm	<b>Smart Occlusive System</b>	Apply a coat to entire area treated.*
6	am	<b>MultiVit Sun Protector SPF 30</b>	Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

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Day 13+

**You may begin to restart daily regimen.**

**Multi-Vit Sun Protector SPF 30** Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

## 4

### MICRONEEDLING, RF FRACTIONAL

#### Actions after 12 hours after procedure

1. **HydroCalming + Vit Complex** Immediately post treatment, apply 3-4 pumps and massage into skin.
2. **Smart Occlusive System** Apply 4 pumps and massage into skin.\*
3. **Multi-Vit Sun Protector SPF 30** Avoid direct sunlight and apply whenever exposed

\* Reapply as necessary to keep skin hydrated and calm. Do not let skin dry out.

## Day 1 - 2

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|---|---------|--------------------------------------|--|
| 1 | am + pm | <b>C-Foaming Cleanser</b>            | Squeeze out an appropriate amount into the palm and add just enough water to produce foam. Gently cleanse and rinse with cool water. |
| 2 | am + pm | <b>HydroCalming + Vit Complex</b>    | Apply 2-3 pumps and massage into skin. If skin feels stimulated/vulnerable after this step, skip to step 4                           |
| 4 | am + pm | <b>Smart Occlusive System</b>        | Apply a coat to entire area treated.*  |
| 5 | am      | <b>MultiVit Sun Protector SPF 30</b> | Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.  |
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## Day 3 - 10

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- |   |         |                                      |   |
|---|---------|--------------------------------------|---|
| 1 | am + pm | <b>C-Foaming Cleanser</b>            | Gently cleanse and rinse with cool water.   |
| 2 | am + pm | <b>HydroCalming + Vit Complex</b>    | Apply 2-3 pumps and massage into skin.  |
| 3 | am + pm | <b>Lacto 10</b>                      | Apply 2 pumps and thoroughly massage into the skin until fully absorbed.            |
| 4 | am + pm | <b>DeFlame</b>                       | Apply 2-3 pumps and massage into skin.  |
| 5 | am + pm | <b>Smart Occlusive System</b>        | Apply a coat to entire area treated.*   |
| 6 | am      | <b>MultiVit Sun Protector SPF 30</b> | Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours. |
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## Day 11+

**You may begin to restart daily regimen.**

**Multi-Vit Sun Protector SPF 30** Avoid direct sunlight and apply whenever exposed to the sun. Reapply every 2 hours.

\* Reapply as necessary to keep skin hydrated and calm. Do not let skin dry out.



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