

## *post care*

### Osmosis professional medi-infusion protocol

#### day 1-2

You may experience tightness, dryness, flaking and slight skin discoloration (due to high amounts of beta carotene). All are normal. Cleanse your skin with a very mild cleanser including **Cleanse** or **Purify**. The treatment is still successful if you do not experience any of these symptoms. Please stay out of direct sun exposure and continue use of **Sun Protection**. Please do NOT use any products with Retinaldehyde or exfoliants.

#### day 3

The skin can gradually become drier and tighter. This is normal and sloughing of the skin may begin. Nourish with a moisturizer including **Quench/Quench Plus+** or **Immerse** and continue use of **Sun Protection**. **Repair** may also be used as healing mask. Please do NOT use any products with Retinaldehyde or exfoliants.

#### day 4-7

The skin may slough, which is normal and may last up to 7 days. Continue use of gentle products (**Cleanse/Purify, Repair, Quench/Quench Plus+/Immerse** and **Sun Protection**). Skin has finished exfoliating once sloughing has subsided and skin has normalized.

Note: You may continue the use of **Polish** and **Vitamin A serums** with Retinaldehyde as soon as stinging has subsided and the skin has normalized.

For the First Week Post Treatment You Should NOT:

- Pick, peel, scrape or scratch your skin-it may cause scarring and reveal skin that is not yet ready to come to the surface.
- Exfoliate or wax until your skin has normalized.
- Spend a prolonged time in sun, and when in the sun use SPF.