

MD TLC

These are our commonly recommended post care products. Gentle cleansers, frequent hydration and moisturizer is strongly recommended after any skin treatment. All of these products can be easily purchased at CVS, Walgreens, Target, ULTA or online for 2 day delivery. The top row has gentle cleansers and moisturizers, the bottom row has ointments that give better hydration.

PRO TIP: buy a travel size to keep with you on the go!



La Roche
Posay
Hydrating
Gentle
Cleanser



Avene
Xeracalm A.D.
cleanser



CeraVe
Hydrating
cleanser



Cetaphil
Gentle Skin
Cleanser



OR

OR

OR



Avene
Cicalfate
Hydrating Skin
Recovery
Emulsion



Avene
Cicalfate
Restorative
Protective
Cream



Avene
Xeracalm A.D.
moisturizer



La Roche
Posay Triple
Repair Cream
(large and
travel size)



Vanicream
Moisturizing
Cream



OR

OR

OR

OR

The below products are occlusive - for open skin or compromised skin barrier or excessive dryness.



Aquaphor
Healing
Ointment

*do not use if
you have an
allergy to lanolin



CeraVe
Moisturizing
Ointment



OR



DuoDerm
Dressing



Mighty Patch
• for small
spots



Spray your hypochlorous (black bottle) every morning and evening. Spray and leave on your face for 60 seconds. PRO TIP: spray right before you brush your teeth, let it dry for the duration of brushing!



After 72 hours, use your water expandable sponges to begin to gently exfoliate any loose skin debris. Please be gentle, no aggressive rubbing or scrubbing and DO NOT PICK! Dispose of sponges after one week.



AM routine: cleanse, Hypochlorous spray (sit on skin 60 seconds), moisturize, SPF, ointment if needed
PM routine: cleanse, Hypochlorous spray (sit on skin 60 seconds) moisturize, apply ointment



Dr. Dianne Quibell
25 Walnut St., Suite 400
Wellesley Hills, MA 02481
Phone: 781-431-0002