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. **Please make sure you have one of the cleansers from the top row, one of the moisturizers from the middle row and you will be informed if you need to obtain any items from the bottom row.** PRO TIP: buy a travel size to keep with you on the go!

☐ La Roche Posay Hydrating Gentle Cleanser



OR

☐ Avene Xeracalm A.D. cleanser



OR

☐ CeraVe Hydrating cleanser



OR

☐ Cetaphil Gentle Skin Cleanser



☐ Avene Cicalfate Hydrating Skin Recovery Emulsion



☐ Avene Cicalfate Restorative Protective Cream



OR

☐ Avene Xeracalm A.D. moisturizer



OR

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



OR

☐ Vanicream Moisturizing Cream



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



OR

☐ CeraVe Moisturizing Ointment



☐ DuoDerm Dressing



☐ Mighty Patch
- for small spots



☐ Spray your hypochlorous (black bottle provided by us) 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

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