



## THERAPY

DERMAL OPTICAL THERMOLYSIS

### DOT SKINCARE Dermal Recovery System

#### POST TREATMENT INSTRUCTIONS

##### Day 1

- Step 1 **COOL:** Apply cold compress and/or cold air for first 12 hours
- Step 2 **HYDRATE:** Apply *Peptide Restorative Gel* to clean skin
- Step 3 **SOOTHE:** Apply *Anti-Redness Soothing Balm* on top of gel
- Step 4 **PROTECT:** Avoid sun exposure; apply *Sensitive Skin Sunscreen SPF 30*

##### Day 2-3

- Step 1 **CLEANSE:** Wash skin with *Anti-Redness Foaming Cleanser*
  - Step 2 **HYDRATE:** Apply *Peptide Restorative Gel* to clean skin\*
  - Step 3 **SOOTHE:** Apply *Anti-Redness Soothing Balm* on top of gel
  - Step 4 **PROTECT:** Apply *Sensitive Skin Sunscreen SPF 30*
- NOTE:** If *Peptide Restorative Gel* causes stinging, discontinue use until day 4

##### Day 4-30

- Step 1 **CLEANSE:** Wash skin with *Anti-Redness Foaming Cleanser*
- Step 2 **HYDRATE:** Apply *Peptide Restorative Gel* to clean skin
- Step 3 **PROTECT:** Apply *Sensitive Skin Sunscreen SPF 30*

Additional Instructions

---

---

---

---

Your Next Appointment \_\_\_\_\_