

## What can you expect from the treatment?

Stretch marks have always been resistant to the different treatments put forward, as they are caused by a deep skin disorder that can only be corrected by treatments that are as deep as the actual cause. It is absolutely pointless to expect the appearance of stretch marks to change in any way by simply applying a cosmetic. The combined use of dermabrasion before the application of Easy TCA® reorganizes the different layers of the skin deep down and irreversibly: only in this way can gradual, esthetically visible results be achieved. Results improve with each treatment and, in some cases, a permanent 80% improvement can be expected. The treatment must be repeated several times (following medical advice).

**Main contraindications:** insulin-dependent diabetes, active dermatological disorders (to be discussed with the doctor), pregnancy...

**Main complications:** pigmentary changes, depigmentation, scarring, disappointing results, infections, pain, time off work...

## Preparing for treatment (your doctor will give you a prescription)

Skin phototypes 1 to 3: Skin Tech® Blending Bleaching® cream 2x/d, 8 days before treatment

Skin phototype 4: Skin Tech® Blending Bleaching® cream 3x/d, 3 weeks before treatment

Skin phototype 5: Blending Bleaching® cream 2 x/d, associated to a 3-6% Hydroquinone cream, 3 weeks before treatment (following medical advice)

30 minutes before treatment: take an analgesic tablet prescribed by your doctor. Comply with any contraindications associated with taking strong analgesics (use with alcohol, driving a vehicle, respiratory illnesses, allergies, etc.)

## The actual treatment

The treatment takes place as follows: after carefully disinfecting the area of skin to be treated, the doctor performs a controlled dermabrasion (with sandpaper). This abrasion is completely painless to begin with, but then becomes unpleasant and eventually starts to feel painful; when the doctor sees the signs he or she has been waiting for, he or she will apply an effective local anesthetic, without any injections. This anesthetic consists in applying gauze pads soaked in an anesthetizing solution, which are then covered with a plastic film to prevent it evaporating. The rest of the treatment is painless.

After checking that the anesthetic has worked, the doctor applies the peel solution, the post-peel cream and, finally, a plastic film that has to be kept on for between 8 to 24 hours, depending on the doctor's orders.

During this time, you can call the doctor if you need to at the following number:

## The evening after treatment

If necessary, take an analgesic (prescribed by your doctor) to reduce any discomfort or pain.

Comply with any contraindications associated with taking strong analgesics (use with alcohol, driving vehicles, respiratory illnesses, allergies, etc.)

Until the end of the treatment: Do not scratch, it could cause irreversible scarring.

No sports, no swimming. Keep out of the sun: be careful, sunlight can filter through some clothes!

A quick shower (never a bath) is possible only if the treated area is completely protected with impermeable plastic.

## First consultation

See the doctor again 8 to 24 hours after treatment, depending on your doctor's advice, so that he or she can gently remove the occlusive dressing, evaluate the results and apply a dressing. He or she will remove the occlusive dressing, clean the skin and apply a protective dressing. Any pain should have gone the morning after treatment. The skin, turned gel-like by the treatment, may smell bad for 24 to 48 hours (at the most).

## Consultations on Days 3 & 5 (approx.)

The doctor puts on a new dressing, evaluates the treatment and makes sure there are no infections or problems with scarring.

Tell the doctor about anything unusual (pain or persistent smell, temperature or any other sign of infection): he or she will give you antibiotics if need be.

## Consultation on Day 7 or 8 = End of treatment

The doctor removes the dressing one last time, evaluates the treatment and checks for infection or scarring.

The skin should be pink and sensitive but healthy-looking. The skin only returns to normal after around 6 weeks!

## Daily maintenance care

Purpose of care: to hydrate, to protect against free radicals and pigmentary changes and stimulate the skin. Minimum duration: 4 to 6 weeks.

08:00: Blending & Bleaching® cream followed by MELABLOCK HSP® (even without sun exposure)

12:00: Blending & Bleaching® cream followed by MELABLOCK HSP® (even without sun exposure)

20:00: Renutriv ACE lipoic complex® followed by Phyto DHEA® cream

Sports allowed around the 15<sup>th</sup> day after treatment; Sun allowed after 3 months (unless there is any residual pigmentation problem); baths and showers allowed around the 8<sup>th</sup> day after treatment.

## PIGMENTARY CHANGES

**To prevent pigmentary changes:** go to all your check-ups and scrupulously apply the maintenance treatment.

**If changes start to appear** in spite of monitoring and preventive treatment: your doctor can associate Blending Bleaching® cream to another one.

**If changes have set in:** the doctor can do up to 4 Easy TCA® peels, on the basis of one session every 15 days. He or she will stress the need for daily depigmenting care creams and total sunblock, both of which are essential. Pigmentary changes are usually a sign of an excellent prognosis, but can set in for the long term in some cases, however.

## Next consultation: Day 15 - 30 - 90

## Repeat the treatment

After at least 5 weeks. The results achieved are definitive: repeat sessions can also take place after 5 months or even 5 years

I acknowledge that I have read, understood and accepted the information given above, retain a copy and have been given clear answers to any additional questions.

NAME

SIGNATURE

DATE