

Clear + Brilliant Pre & Post Instructions

Pre-Treatment

Day of procedure: Eat a solid meal; cleanse face; do not wear makeup or perfume; dress in comfortable clothes, with a loose fitting/low cut shirt so that numbing cream can be applied.

Clear + Brilliant cannot be performed on patients currently undergoing Accutane treatment (or have taken Accutane within the past 6 months).

Stop Retin-A 3 days before treatment, and bleaching creams 3 days before treatment.

If you have a history of cold sores, you will need to take Valtrex or Acyclovir as prescribed by the Doctor.

Minimize sun exposure and use daily sunblock containing Zinc Oxide (Elta MD).

Post Treatment

Icing the skin immediately after the treatment will help minimize the sensation of heat.

Heat sensation can be intense for 2-3 hours after the procedure, but will subside.

Immediately post treatment, you may experience some redness and mild swelling, but both typically diminish within 12-24 hours.

Normal activities can be resumed the day following treatment.

Minor swelling, tenderness and flaking may remain with some patient for a few days.

You can apply makeup once the bulk of the redness resolves, typically the same day.

You may shower and wash hair later that day, or the next day, but avoid excessively hot water. Baths are recommended so you do not let too much water pressure touch your face for the first day or two.

It is very important that you use recommended sunblock multiple times during the day to prevent sun damage to the skin. You should avoid direct sun exposure for 2 weeks after the treatment. Apply sunscreen 20 minutes before going outside. Reapply sunscreen every hour. If short, direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunblock use may lower the risk of laser-induced hyperpigmentation (darker color) and will ensure you receive and maintain the best results from each procedure.

Avoid abrasive Scrubs, Toners, Glycolic Acid and/or Retin-A. Your skin will be sensitive for the first few days after the treatment. Do not use products that will cause irritation during this time.

Most typical skin care products and regimens can be used immediately after the treatment, ask your skin care professional about any additional products to avoid.

Over the next few days, you may experience some itchiness or skin sensitivity (to touch or temperature). Both are indications of the natural renewal process and typically dissipate a few days after the treatment.

You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Your skin may feel dry, peel or flake. You may notice a "sandpaper" texture a few days after the treatment. This is the treated tissue working its way out of your body as new, fresh skin is regenerated.

Advil (Ibuprofen) 600mg 3x per day or Aleve 500mg 2x per day may be taken as an anti-inflammatory to help decrease discomfort and swelling.

If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact our office as soon as possible. Note: all of these are very rare, so don't worry, we do not expect them to happen. If they do, we can treat them.
