

PRE/POST CARE INSTRUCTIONS

CLEAR + BRILLIANT:

Pre Care Instructions:

- Avoid the use of retinoids or retinols 7 days prior to treatment.
- Avoid treatments such as injections, fillers, chemical peels or laser treatments for at least 2 weeks before Clear+Brilliant.
- Avoid sun exposure and self-tanning products for at least 2 weeks prior to treatment

Post Care Instructions:

- Post-treatment cooling masks or handheld fans may be used to alleviate discomfort
- Over-the-counter itch and pain relievers may be used if necessary (i.e. Benadryl, Claritin, Tylenol, etc.)
- Avoid sun exposure and self-tanning products for at least 2 weeks after treatment. Sun exposure can increase the risk of unwanted pigmentation
- Apply sunscreen of at least 30 SPF, daily. Skin will be more sun sensitive following treatment.
- Avoid treatments such as injections fillers, chemical peels or laser treatment for at least 2 weeks after treatment, or until completely healed. Avoid systemic steroids throughout the course of treatment.
- Avoid the use of retinoids 1 week post treatment.

What to Expect Post Treatment:

- Mild to moderate edema (swelling) and erythema (redness) typically develops immediately after treatment and diminishes or resolves within 12 to 24 hours after treatment. A small degree of swelling may last longer in some cases.
- Flakiness and crusting can be normal, this will gradually clear within 5-7 days. Use of mild moisturizers and/or sunscreens have been shown to not cause irritation and should help with this condition.
- Blisters, burns or scabbing may occur. The blisters usually disappear within 2-4 days. A scab may be present after a blister forms, but will typically disappear during the natural wound healing process of the skin, keep them moist with vaseline or an antibiotic ointment.

Complications:

- **Infections:** If blisters or bleeding are present, infection is possible. Scarring and associated pigment changes may result from an infection. Call our office if you are experiencing blisters and/or bleeding.
- **Pigment changes:** The treatment area may heal with increased or decreased pigmentation. This occurs most often with a darker pigment skin and after exposure to the sun. The treatment area **MUST** be protected from exposure to the sun with sunscreen for 2-3 weeks post treatment to minimize the chances of hyperpigmentation. However, some pigmentation changes may occur even if the area has been protected from the sun. These spots usually fade in 3-6 months. In other cases, reduction of pigment (hypopigmentation) may occur, but this is very uncommon. Please inform your technician immediately if you think you have pigmentation changes. **In rare occurrences, pigment changes can be permanent.**