

# PRE/POST CARE INSTRUCTIONS

## AVICLEAR:

### Pre Care Instructions:

- Let your AviClear provider know if you have used Isotretinoin (Accutane) within the last 6 months.
- Avoid skin irritants for a few days before treatment. Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ ascorbic acid, astringents, etc.
- Avoid prolonged tanning or self-tanners prior to and during the treatment regimen. Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Notify your AviClear provider with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an antiviral prescription prior to treatment. Please let your AviClear provider know if you have a history of cold sores.
- Excess hair may need to be shaved. Men should be cleanly shaved.

### Post Care Instructions:

- Immediately post-treatment, apply a broad- spectrum (UVA/UVB) SPF 30+ sunblock, which should be applied at least once daily.
- Cold compresses or chilled gel packs may be applied post-treatment for your comfort.
- Starting the morning after treatment, wash you face with a gentle cleanser, followed by a gentle moisturizer every day twice a day for a few days.
- Makeup can be applied the day after treatment.
- Start applying UVA/UVB 30+ SPF sunblock DAILY, starting the morning after treatment.
- Most patients will experience mild redness of the treatment area, lasting up to one day post-treatment
- Some patients experience dryness and itching of the treatment area up to four weeks post-treatment. .
- Avoid heat (hot tubs, saunas, etc.) for 1-2 days post-treatment.
- Limit any exercise or activity that can cause sweating for 24 hours post-treatment.
- Avoid skin irritants for a few days after treatment. Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ ascorbic acid, astringents, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks after treatment: Waxing, depilatories, etc.
- Contact your AviClear provider with any concerns such as swelling with or without pustules, blistering, excessive or prolonged redness/swelling, etc

### Tips for People With Acne

- Remember to wash your face every morning and night and after working out/sweating.
- Benzoyl peroxide or a retinoid product (starting a few days after treatment) can prevent clogged pores.
- Every morning and evening, apply non-comedogenic moisturizer to prevent rebound oiliness.
- Use UVA/UVB sunblock daily.
- Shampoo your hair regularly if it's long or touches your face/back.
- Stick to your treatment regimen, trying too many new acne treatments can irritate your skin.
- Don't touch or pick your face.

### Complications:

- If you feel like you are developing an adverse reaction or an infection, please call our office during business hours. If you are concerned about a serious reaction, seek immediate medical attention.