



TREATMENT PREPARATION

TREATMENT: **Clear + Brilliant Laser Facial**

DEVICE USED: **Clear + Brilliant Permea or Original**

TWO WEEKS PRIOR TO TREATMENT

- Avoid sun exposure for at least 2 weeks prior to and throughout the course of your treatments. Use a broad-spectrum SPF 30+ during the day ALWAYS - and apply 15 minutes prior to casual sun exposure.
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated for 2 weeks prior to your treatment.
- Avoid BBL/IPL/Laser Hair Removal for two weeks prior to treatment.
- Avoid chemical peels and microdermabrasion for two weeks prior to treatment.

ONE WEEK PRIOR

- Lasers may cause a cold sore or fever blister, which can lead to more serious complications. If indicated, 2 days prior to procedure, you will take an anti-viral and/or antibiotic by your provider. If you have an active cold sore you must reschedule.
- Discontinue retinols and prescription retinoid products (i.e. Retin-A, Renova, Differin) for 1 week prior and one week after treatment. Your practitioner will determine when it is safe to resume these products after you have fully healed from your treatment.
- Discontinue the use of benzoyl peroxide products, hydroquinone, or any other product that can cause dryness, redness or irritation 3 days prior to your treatment.

DAY OF TREATMENT

- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area being treated.

YOU WOULD NOT BE CONSIDERED A CANDIDATE IF YOU HAVE ANY OF THE FOLLOWING:

- You have used Isotretinoin (Accutane) within the last 12 months.
- You have an active cold sore.
- You have had recent surgery in the area(s) to be treated.
- You use photo sensitizing medications or drugs.
- You have a history of keloid scar formation or abnormal scarring.

POST TREATMENT INSTRUCTIONS

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Following post-care guidelines is crucial to the health of your skin and success of your results.

Patient response can vary after a Clear + Brilliant laser treatment. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Clear + Brilliant is considered a gentle laser and patients should expect mild redness and “sandpaper” feeling or dryness of the skin for the first few days after treatment. The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin.

24-48 HOURS POST TREATMENT

- Post treatment discomfort is typically minimal but if the area is very uncomfortable, Tylenol (acetaminophen) OR Advil (ibuprofen) may be used.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment (Polysporin) twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed, but if so, usually within the first 4 hours after the treatment.
- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.

UNTIL SENSITIVITY HAS COMPLETELY SUBSIDED, AVOID THE FOLLOWING:

- Scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, and avoid loofa sponges and aggressive scrubbing.
- Hot or cold water - wash the area with tepid water.
- Shaving.
- Swimming pools and spas with multiple chemicals/chlorine.
- Activities that cause excessive perspiration.

7-14 DAYS POST

For 7 – 14 days following your treatment, strictly avoid any sun exposure to the area. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a mineral sunblock with an SPF of 30+. Please note that delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

CALL OUR OFFICE IMMEDIATELY IF:

- You experience any side effects to the treatment, such as a severe rash, nausea, headache, or vomiting, or have an oral temperature over 100.4 degrees.
- Redness, swelling or bruising persist after 1-2 days.
- If you notice any blistering, skin lesions or cold sores on the treated or surrounding skin or the mucosal surface.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.

If you suddenly develop other symptoms, or have any questions regarding your treatment (or these instructions), please contact our office to speak to one of our RN's at 414.488-7900.