



## Clear+Brilliant – Post Treatment Instructions

Clear+Brilliant® Laser Treatment produces side effects. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude, while others receiving more aggressive treatments may experience side effects of less-than-expected magnitude. Notify your physician if the severity of your side effects becomes a problem for you.

### What you may feel and look like:

- Immediately post treatment, you may experience some redness and mild swelling, but both typically diminish in about 12 hours
- 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 treatment
- You may also notice that **little dark dots** will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- This dead skin is a normal result of laser treatment, and should start **sloughing** off a few days after the treatment. Most patients complete this process 3 – 4 days after a treatment on the face
- Once the sloughing is complete, you may notice some **pinkness** over the next week or two. Most redness resolves during the first week after treatment.
- Some patients have also experienced **itching**.

### How to Care for Your Skin after Treatment

- **Immediately After Treatment.** Use a bland moisturizer (i.e. Cetaphil® cream) or a very thin layer of petrolatum ointment (i.e. Aquaphor®). Use of icepacks helps alleviate the heat sensation. You may also cleanse your face with a mild cleanser.
- **First Few Days.** Continue cleansing and moisturizing over the next few days. **DO NOT** scrub, rub, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.
- **First Week of Healing.** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.
- **Skin Care Products.** All of your skin care products should be non-irritating and non-clogging for the first week or so after a Clear+Brilliant treatment. BelleDerm Gentle Cleansing Gel, and Extra Gentle Hydration Lotion are products that are safe to use post-treatment, and can be purchased at Los Feliz MedSpa.
- **Scrubs, Toners, Glycolic Acid, and Retin A.** Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. *Read the product labels.*
- **Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you.



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- **Sunscreen.** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).
- **Moisturizer.** Remember that dry skin and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Instead of using 2 separate products, you can use moisturizers that contain SPF30+. Reapply whenever your skin feels dry.
- **Bleaching Creams.** Discontinue use of your bleaching cream while your skin is tender.
- **Resume your normal skin care regimen when your skin has fully healed.**
- **Cold Sores.** If you have a history of cold sores, ask your doctor about care!
- **Abnormal Healing.** 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 us as soon as possible.
- **Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact the office at 323-664-0186