

Clear + Brilliant Laser Post Care-Instructions

Clear + Brilliant creates outcomes based on the aggressiveness of the treatment considering your skin concerns, the health of your skin and your individual healing ability. Due to this, individual response can vary after each treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

What to expect following treatment:

- Following treatment redness is normal and expected. Redness usually subsides within 24 to 48 hours.
- Immediately after treatment, swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes.
- The treated area may be extremely warm for 12-24 hours after the treatment.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called the MENDS (microscopic epidermal necrotic debris) DO NOT SCRATCH THEM OFF! This is part of the healing process where treated tissue works its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to slough/crumble off. If the face is treated, it could take 5-7 days for this process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks. After this process is complete, you skin will appear smoother, softer and brighter.
- If an antiviral is needed, continue to take as directed by your doctor.
- Post-treatment discomfort may be relieved by over-the-counter oral pain relievers, i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.

Post Care

- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, e.g. Cetaphil, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth.
- Moisturizer should be applied generously over treated areas and reapplied whenever your skin feels dry.
- DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.
- DO NOT use irritating exfoliants (AHA, Retinoids, scrubs, harsh cleanser, medicated washes), scrubs or a Clarisonic brush for 7 to 10 days as this may cause hyperpigmentation.
- DO NOT have laser treatments, peels, waxing, the use of depilatories, or microdermabrasion for 3 weeks. DO NOT use Botox or Dermal Filler 10 days prior to or after Clear + Brilliant
- DO NOT wear makeup for 24 hours.
- Sunscreen is a MUST and should be used daily beginning the day of treatment and used vigilantly for up to 2 months post procedure. Use SPF 30 with a physical (not chemical) broadband protection (UVA and UVB). If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If the treated area is exposed to sun during the healing process (direct or indirect) blistering, scarring, hyperpigmentation, or hypopigmentation can occur.
- DO NOT use steam rooms, saunas or strenuous exercise and sweating until the skin has healed to avoid unwanted side effects such as hyperpigmentation, irritation, bumps, acne or prolonged redness from sweat and heat.
- When showering in the next few days, avoid directly hitting your face with the full force stream of the water.

Do not DIY with home remedies, Internet or your best friends advice. If you have any questions or concerns, please contact Celebrity Skin.

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