

TREATMENT GUIDELINES: CLEAR + BRILLIANT TOUCH LASER

DAY OF TREATMENT

- You will be here for approximately 1- 1 ½ hours depending on the area(s) treated
- For face/neck procedures: arrive without make up, if possible do not wear contact lenses and wear a loose fitting comfortable shirt. For non-facial/neck procedures, wear clothing that does not constrict the treatment area

PRIOR TO DAY OF TREATMENT/MEDICATIONS

- **Stop** use of the following **1 week** prior to treatment
 - Retinoids including Retinol, Retin A, Tazorac, “anti-aging products”, Salicylic acid products
 - Tanning or sun exposure
 - Other non-ablative laser treatments (i.e. IPL, Hair Removal, etc.)
 - Waxing, Abrasive scrubs, Microdermabrasion Treatments
- **Discuss** taking an antiviral medication prior to the procedure if you have a history of cold sores. Take Valtrex 1 tablet, every 12 hours the day before, the day of the procedure and the day after the procedure (unless otherwise instructed)

POST TREATMENT

- Immediately post treatment, you may experience a heat sensation or “sunburn” feeling that typically lasts less than 2 hours.
- Some mild redness and subtle swelling may occur, but both typically diminish in about 24 hours. Ice packs and/or a Gel Mask can be used for swelling, heat sensation and itching sensation.
- Over the next few days, you may experience some itchiness or skin sensitivity. Both are indications of the skin’s natural renewal process and typically dissipate a few days after treatment. It is normal for your skin to be dry and have a slightly darker appearance and sandpaper like feel for about 7 days. Some skin flaking may occur.
- Allow the skin to heal. Do not rub, scrub, exfoliate or pick at dry skin that may appear. This may cause unwanted side effects such as darkening of the skin and/or scarring.
- Use a gentle cleanser and bland moisturizer. Avoid direct sun exposure, wear a hat and use broad spectrum SPF 30+ sunscreen daily.
- Avoid extreme temperatures of heat for 24 hours post treatment, ex: Jacuzzi, hot showers, hot yoga, etc.
- **After 7 days**, you can return to your normal corrective daily regimen including bleaching creams, retinol and Retin A.

SUGGESTED POST LASER SKIN CARE REGIMEN

Gentle Cleanser	Alastin Ultra Calm Cleansing Cream or Green Tea Soothing Cleanser
Anti Inflammatory/ Antioxidant	Green Tea Antioxidant Cream +/or Alastin Regenerating Nectar
Moisturizer	Relief Cream +/or Barrier Repair Cream
Sunscreen	Alastin Silkshield All Mineral Sunscreen or Isdin Clear