

## Clear and Brilliant

### Patient Care Instructions

#### Before the treatment:

- Avoid excessive **sun exposure** for at least 7 days prior to your treatment, as sun damaged skin is more sensitive to the laser and can lead to adverse effects. Apply sunscreen with SPF 30 or greater liberally to the entire face, neck, and chest if you will be outdoors in the 7 days prior to your treatment. Use sun protection (hats, clothing) in addition to the sunscreen.
- Use **gentle** skin care products and **avoid** exfoliative devices or products 7 days prior to the treatment. Stop all **Retinol** products 7 days prior to the treatment as well.
- Inform your provider if you have or have had **cold sores** or herpes simplex outbreaks in the past. The Fraxel treatment can temporarily flare the virus and your provider will supply a medication to prevent any outbreaks. You will start taking this medication the day **before** the treatment.

#### What to expect after the treatment:

Clear and 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 after the treatment, you will experience **redness**, and occasionally **swelling**. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts one to two days. To minimize swelling do the following:
  - Apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed.
  - Sleep elevated the first night. Use as many pillows as you can tolerate.
- You may also notice that your skin appears bronzed or **little dark dots** will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- Some patients have also experienced **itching**.

#### How to care for your skin after treatment:

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Clear and Brilliant® laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

Your “after treatment” skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

- **Immediately After Treatment.** Use a bland moisturizer (i.e. Rejuvenative Moisturizer or Elta PM Therapy). 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. If you begin to peel, please allow your skin to heal and **DO NOT** scrub, rub, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.

- **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 and Brilliant treatment. Ask us for suggestions regarding products.

- **Scrubs, Toners, Glycolic Acid, and Retinols.** Your skin will be sensitive for about the first week 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.** You may resume your routine skin care and make-up products 5-7 days after treatment, as long as they are tolerable to you.

- **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. 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 peeling 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. Reapply whenever your skin feels dry.

- **Bleaching Creams.** Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream about 3-5 days after treatment.

- **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 SF: 415-202-1540 or CM: 415-924-2055.

- **Other Instructions:** \_\_\_\_\_