



Pre & Post Care for Clear & Brilliant

Clear + Brilliant is a gentle laser skin resurfacing procedure that provides for a safe, effective and non-invasive way to improve skin texture and elasticity, minimize the appearance of pores, reverse early signs of aging, and treat hyperpigmentation (including melasma). Clear + Brilliant is an ideal “first time” laser.

Before Treatment:

- ❖ If you have a history of cold sores or significant allergies/sensitivities please let the provider know.
- ❖ Avoid direct sun exposure or excessive tanning
- ❖ Discontinue skin irritants and exfoliants 3-7 days prior

Contraindications:

You should not have treatment done if you have any of the following conditions:

- ❖ Skin disorder, Pregnant or breastfeeding, loss of sensation to area of treatment, nerve conditions, cancer in the area

Post-Procedure

- ❖ Some discomfort, stinging, throbbing, swelling and heat is normal for the first few hours. You may take tylenol.
- ❖ Texture, swelling, and temporary changes in skin color are normal and resolve over the first few days.
- ❖ Cold compresses may be used after the treatment to reduce swelling and decrease sensitivity. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- ❖ Patients should avoid strenuous exercise for 72 hours, no sweating or dirty outdoor activities.
- ❖ Avoid excessive touching or massaging the treated areas for about 1 week
- ❖ Skin will show signs of redness or erythema and will appear similar to a moderate sunburn. You may also have facial swelling, particularly around the eyes, for several days following treatment. This is normal and will subside in 2-7 days.
- ❖ We recommend waiting 2 weeks to have any other cosmetic procedures
- ❖ Use only gentle skincare products such as cleanser, vitamin C, moisturizer and post procedure safe SPF. You can return to regular skin care and makeup routine after 5-7 days. No retinoids or active ingredients within the first week.
- ❖ Results are best from performing a series of laser treatments which can be repeated in 1 month.

Contact the office immediately if you have any of the following:

- ❖ Increased warmth at or around the treated area, Fever of 101.5 or greater
- ❖ Severe pain that is unresponsive to over-the-counter pain relievers

Please contact us at (323) 909-9434 if you have any questions or concerns.