

# CLEAR + BRILLIANT

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## *Post-Treatment Instructions*

### **What to expect post-treatment:**

- Immediately after the treatment, you will experience slight to moderate erythema (redness of the skin). If you are a long time Retin A or Tretinoin user, the redness might be slightly more pronounced. The redness will dissipate over time, lasting anywhere from a few hours to 24 hours after treatment.
- The day after treatment, you should expect a “sand paper” like texture and feel to your skin. This is the dead skin cells getting ready to “slough off.” The sand papery texture can last anywhere from 3-5 days. It is important that you allow your skin to smooth out naturally, do NOT use any type of exfoliating type of products to speed this process up. The skin is compromised from the treatment and must heal naturally.
- Once the sand paper feeling goes away within 3-5 days, your skin will look and feel smooth and refreshed!

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## *Post-Treatment Instructions*

- Immediately post-treatment, use a bland moisturizer (i.e. Cetaphil® cream) or a very thin layer of petrolatum ointment (i.e. Aquaphor®). Use petrolatum ointment to cover any area with oozing to keep moist. Use of icepacks can help alleviate the heat sensation. You may also cleanse your face with a mild cleanser.
- For the first few days post treatment, cleanse your skin using a gentle cleanser. Avoid scrubbing, rubbing, or use of exfoliants.
- Avoid excessive exercise, perspiration, swimming, or exposing skin to heat and sun for 2 days after treatment.
- Avoid scrubs, toners, glycolic acid, and retinoids until the skin has healed completely from your treatment. Your skin will be sensitive after the treatment. Do not use products that will cause irritation during this time.
- All of your skin care products should be non-irritating and non-clogging for the first week or so after a Clear + Brilliant treatment. We recommend using Aquafor® and hydrocortisone 1% up to 3 times per day.
- 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.
- It is very important that you use sunscreen to prevent sun damage to the skin. The sunscreen you use should offer broadband protection (UVA & UVB) and have a sun protection factor (SPF) of 30 or more. 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).
- You can return to normal skincare regimen once the skin has completely healed.
- If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, please contact our office as soon as possible.

Please contact True Balance if you have any questions or concerns regarding your treatment - we are always happy to help!