



## **Clear + Brilliant Laser Treatment**

The Clear + Brilliant treatment uses fractional light based technology to improve skin texture, discoloration, and minimize pore appearance. For best results, a minimum of 4 treatments one month apart is recommended.

### **How should I prepare for the treatment?**

- Avoid extreme sun exposure, retinoid products, and glycolic acid products for 1 week prior to treatment.
- Notify your doctor if you have a history of cold sores. The doctor may want to pre-treat you to prevent any outbreaks after the Clear + Brilliant procedure.
- It is preferred that you arrive for your appointment without makeup on the day of the treatment.

### **What should I expect after treatment?**

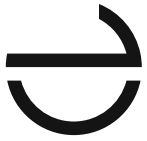
Patients like Clear + Brilliant due to its minimal downtime. The intensity and duration of your side effects depend on the treatment aggressiveness and your individual healing characteristics, generally lasting for up to one week. Patients can expect on average 1-2 days of redness and 1-4 days of a “sandpaper” feeling or dryness of the skin.

### **What will I look like after treatment?**

- Immediately after the treatment, you will experience redness, mild swelling and sometimes pinpoint bleeding. 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, apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go bed. Sleep elevated the first night.
- Heat sensation can be intense for 2-3 hours after treatment.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area starting the next morning. The fractional laser may leave a grid-like pattern on your skin, which is completely normal. 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.
- This dead skin is a normal result of laser treatment, and should start improving 3-4 days after the treatment. Most patient complete this process 5-7 days after a treatment on the face (on off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks).
- Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply make up to minimize the redness.
- Some patients can experience itchy skin during the healing process. Moisturizing can reduce this sensation.

### **How should I take care of my skin?**

- Immediately After Treatment: Icepacks can help alleviate the heat sensation and reduce swelling. Avoid cleansing your face and applying makeup on the day of treatment. If your skin feels dry or tight, apply a gentle moisturizer. Avoid partaking in activities that will heat up your skin, such as going in a hot tub/ jacuzzi/sauna, or strenuous exercise.



- **First Few Days:** Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or using exfoliants for 1 week. Apply sunscreen daily and you can use makeup if needed starting the day after treatment.
- **First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun.
- **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 + Brilliant treatment. Moisturizer should be applied one to two times per day. We also recommend using a vitamin C serum daily to help with healing and to decrease pigmentation.
- **Scrubs, Toners, Glycolic Acid, and retinoids:** Your skin will be sensitive for the first week or two after treatment. Do not use products that will cause irritation during this time. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinone) until your skin has healed, unless otherwise directed by your doctor.
- **Normal Skin Care Regimen:** Once the pin-point scabs have healed, you may resume your routine skin care and make-up products, as long as they are tolerable to you.
- **Sunscreen:** It is very important that you use sunscreen to prevent discoloration and sun damage to the skin while it is healing. Use sunscreen daily for at least 3 months after your last treatment. The 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 reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- **Abnormal Healing:** If you notice any pimples, 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.

***Please call the office with any questions or concerns:  
516.992.6350***