

You have taken the first step toward more healthy and radiant looking skin by having a Clear and Brilliant Laser Treatment. Following today's treatment, it is important to follow with the recommendations and skin care regimen provided below. The following recommendations will aid in quick healing and optimal treatment results.

- **Immediately After the Treatment.** Your aesthetician will apply a Vitamin C Serum along with a moisturizer and SPF 30+.
- **12-24 hours Following the Treatment.** Your skin may be red, swollen, & irritated. It is very common to feel heat in the areas treated. The use of ice packs may help alleviate this sensation.
- **First Few Days.** A gentle skin care regimen should be followed for the first few days following the treatment. All of your skin care products should be non-irritating and non-comedogenic (non-clogging) for the first few days following the treatment. For optimal healing results, we have provided you with the recommended appropriate skin care samples.
- **Dryness.** It is typical to experience facial dryness and a rough sand paper-like texture for up to a week following the treatment. Therefore, consistent use of a moisturizer is recommended. Avoid using toners, alpha and beta hydroxy acids, and Retin- A during this time. Use of these products may only cause further irritation and dryness.
- **Sunscreen.** It is very important that you use an SPF to prevent sun damage to the skin. For ultimate protection, SPF should have a sun protection factor of 30+ and contain zinc oxide of 5% or greater. We highly encourage daily year round use of SPF. Due to your skin vulnerability following a laser treatment, it is imperative to continue to apply an SPF 30+ for 3 months following your last treatment. SPF should be applied 20 minutes prior to going outside, and again immediately before. While outdoors, SPF should be reapplied every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Continual use of SPF may lower the risk of laser-induced hyperpigmentation (darker color).
- **Facial Scrubs/Clarisonic.** Your skin will be sensitive following the treatment. Avoid using facial scrubs or cleansing devices such as a Clarisonic the first 3-4 days following the treatment. These may be resumed once your skin has healed.
- **Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine skin care, as long as they are tolerable to you.
- **Makeup.** Makeup may be applied immediately following the treatment.
- **Bleaching Creams.** These creams should not be used during the healing phase but may be restarted once the dryness has resolved – usually 7 days following the treatment.
- **Cold Sores.** If you have a history of cold sores, ask your aesthetician about care!

The Following Post Skin Care Samples have been provided to aid in healing:

- **Biocellulose masques.** Alleviate heat, swelling, dryness and redness. Additional biocellulose masques are available for purchase.
- **Cleanser.** Elta Foaming Facial Cleanser or Obagi Gentle Cleanser. Cleanse a.m. and p.m. with the samples provided in the post care kit. Other cleansing options include: Neutrogena Ultra Gentle Cleanser or Cerave Cleanser.
- **C+E Ferulic Serum.** Immediately following the treatment, this highly preventative anti-oxidant serum is applied to reduce redness and irritation. This should be applied daily after cleansing and prior to moisturizing to maintain optimal treatment results. Apply in the a.m. immediately after cleansing and prior to all other skin care products.
- **Phyto Corrective Gel Serum and Hydrating b5 Gel Serums.** These serums will increase skin hydration and are often soothing to dry, sensitized skin. Apply these as often as needed a.m. and p.m.
- **Moisturizer.** ASCS Ultra Lite Moisture, Elta MD Barrier Renewal Complex, Obagi Hydrate or Cerave p.m. moisturizer may be applied a.m. & p.m. or as often as needed to alleviate dry skin.
- **SPF 30+** Elta Clear SPF 46 (untinted) and Physical Fusion SPF 50 (tinted) provide excellent protection. Apply an SPF after moisturizing, prior to makeup.

For questions or concerns, during business hours, we can be reached at 763-416-2380.

During non-business hours, our on-call physician can be reached at 763-571-4000.