



Clear + Brilliant Laser Patient Instructions

About Clear + Brilliant

Clear + Brilliant laser treatments are great for individuals looking to prevent and fight early signs of aging to maintain a timeless appearance. Using fractional light-based technology it can leave your skin feeling smoother, younger looking, and give you a “glow” with minimal downtime. A series of treatments may be required to achieve optimum results.

Clinical study highlights of the Clear + Brilliant include:

- Improvement in the appearance of fine lines
- Reduction in the appearance of pores
- Improvement to skin tone and texture
- Improvement in overall skin appearance

Before Treatment: Instructions

- **Avoid excessive sun exposure** 1 week before treatment. Apply a broad spectrum (UVA and UVB) physical (contains zinc or titanium) 30+ SPF sunscreen daily to face, neck, and chest.
- **Let us know** if you have a history of cold sores or prior use of Accutane.

After Treatment: What to Expect

- **Redness:** Usually improves over the next 24 hours. This can be covered with a tinted sunscreen post-procedure and makeup the following day.
- **Sandpaper texture/coffee ground appearance to your skin:** This can last for 3-5 days. This is the normal process of skin regeneration. Allow your skin to restore on its own and avoid exfoliating products and devices.
- **Bronzing, Crusting and Small Dark Spots:** Dark spots might get darker before crusting and flaking off. This is a normal part of the healing process.
- **Raw Skin:** If you develop raw areas after treatment, do not pick at them. Keep them moist with an ointment like Aquaphor or Bacitracin.

After Treatment: Instructions

- **Sun Protection:** Protect your face from the sun with a broad spectrum (UVA and UVB) physical (containing zinc or titanium) SPF 30+ sunscreen.
- **Skincare:**
 - Apply a gentle moisturizer to the skin twice daily.
 - Wash your face as normal using a gentle creamy cleanser. Take care to avoid manually sloughing off any sandpaper/coffee ground textured skin. Gently *pat* dry.
 - Avoid use of scrubs, exfoliation products or devices, bleaching creams, and retinoids such Retin-A, tretinoin, Differin or any similar Vitamin A products for the week after treatment.

- **Avoid** additional laser treatments, waxing, microblading, microdermabrasion, etc. for at least 3 weeks.
- **Normal Skincare Regimen:** resume once your skin has fully healed.

If you have any questions or concerns we are here for you. Feel free to call or text our office at (415) 839-8118.