



# Clear + Brilliant

What to expect during and after your procedure

## **During your procedure:**

- Topical numbing cream will be applied to the area being treated for 30-60 min prior to treatment.
- Your eyes will be protected.
- There will be multiple passes made over the treatment area with the hand piece.
- Cold air will be applied directly to the skin surface as treatment is being performed to help decrease sensation of heat and to protect the surface layer of your skin.

## **After your procedure:**

- You will feel a sensation of heat/sunburn that will subside within a few minutes. It is ok to take Tylenol or Ibuprofen.
- Redness and very mild swelling may occur and last for a few hours.
- Your skin will feel rough to the touch, like fine sandpaper for a few days.
- You may develop darkening/superficial crusting of brown spots for a few days after treatment.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Please be aware UVA rays penetrate through windows.
- DO NOT RUB, PICK OR WIPE THE TREATMENT AREA
- It is OK to shower day of procedure.
- You can wear make-up (unless instructed otherwise by your physician) as long as you are not rubbing, picking or wiping off the skin surface of skin when applying or removing make-up.
- Gentle cleansing with the finger tips is fine.
- DO NOT use a washcloth or the Clarisonic to cleanse until the skin returns to normal (3-5 days).
- Follow any additional specific post treatment instructions from your physician.
- Follow up with your physician in \_\_\_\_\_ days/weeks, or as needed.

**Please contact our office if you have any questions or concerns at (858)657-1002.**

## **Additional notes/instructions:**

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**Dr.** \_\_\_\_\_ **Assistant:** \_\_\_\_\_ **Date:** \_\_\_\_\_