



Clear & Brilliant Pre/Post Treatment Instructions

PRE-TREATMENT INSTRUCTIONS:

- Patients with sunburn cannot be treated. This can result in more absorption of laser energy and increase risk of burns; this is a standard contraindication. Active sunburns are an absolute contraindication and the treatment cannot be performed.

If treatment is being combined with BBL, you cannot be treated after recent sun exposure or use of sunless tanners 2 weeks prior to treatment.

- Patients must utilize a SPF 30 (or above) daily regimen.
- Stop use of Retinoids and AHAs 1 week prior to treatment.
- Patients may not be treated with BBL if they were treated within the past 7 days with cosmetic injectables (Botox, fillers, etc.), lasers or peels.
- Notify the office of any changes to your health including medications such as Accutane or a history of seizures.

POST-TREATMENT INSTRUCTIONS:

- Avoid facial products/cleansers with glycolic acid, salicylic acid, benzoyl peroxide or retinol 1 week post procedure. Avoid physical exfoliation such as scrubs, brushes and washcloths.
- Cleanse and moisturize 2x daily with gentle products and apply sunscreen every day (minimum of SPF 30).
- It is normal to experience darkening of spots, redness or swelling post procedure. Darkening can last 7-10 days on the face and longer on the body (14-28 days depending on treatment area).
- Do NOT scratch or scrub the area, exfoliation should be avoided during the first 7 days.
- Makeup may be used 24 hours post treatment.
- It is advised to avoid exercise 24-48 hours post treatment.
- Avoid hot tubs, saunas and steam rooms for 48 hours post treatment.

Please call our office at 610-519-0600 should any concerns arise.