

## CLEAR &amp; BRILLIANT

## POST CARE INSTRUCTIONS

**Pre-treatment:**

Discontinue the following products 3 days prior to your treatment:

Scrubs, toners, retinoids, benzoyl peroxide, or chemical exfoliation products with glycolic acid, salicylic acid, or any alpha hydroxy acid ingredients.

Avoid using any of these products until redness has resolved, sloughing is complete, and your skin has completely healed (usually 3-5 days). Do not use Aquaphor or Vaseline to moisturize, as these products will trap heat.

**Gentlemen:** If applicable, please shave the treatment area 1 day before your scheduled appointment.

**Post-treatment:**

Your skin will be red like a sunburn, which can last 24-48 hours. Apply ice packs to help minimize any swelling.

Within a day or two of treatment, you will notice a rough, "sandpaper" texture to your skin, which will gradually slough off over the course of a week.

Flaking is normal. Do not pick, peel, rub, or scratch any scabs or dry skin! This may cause unwanted side effects such as skin darkening and/or scarring.

Your skin will be sensitive for the first few days after treatment. Do not use products that will cause irritation during this time

**For best results, we recommend using the following products:**

SkinCeuticals Gentle Cleanser, Phyto Corrective Masque, and Epidermal Repair

As always, use sunscreen to protect your skin. Apply a zinc oxide-based, broad-spectrum sunscreen with an SPF of 30 or higher, reapplying every two hours.

A series of multiple treatments are recommended to achieve optimal results. We recommend 3-4 treatments, spaced 4-6 weeks apart.