

Clear+Brilliant Laser Post-Care Instructions

What to Expect After Treatment

Clear and Brilliant Laser Treatment produces very mild after effects: The intensity and duration of your after effects depends on your individual healing characteristics. Notify Dr. Gorodisky or your skincare professional immediately if the severity of your after effects becomes a problem for you or you have any concerns or questions, however, this is very unlikely to occur.

What you may feel and look like after the C+B treatment:

Immediately after the treatment, you will experience some redness and swelling. Most of this will be gone 4-6 hours after the treatment, but you may still notice mild pinkness to the skin the next day which can be covered with makeup. To minimize swelling do the following:

- Apply cold compresses (crushed ice or frozen peas in a ziplock bag or ice soaked cloths) to the treatment area for 10-20 minutes of every hour on the day of treatment, until you go to bed. The ice/pea ziplock bags may be put in a pillow case and then on the skin if it is too cold directly on the skin. The Therapearl Facemask may also be used if purchased.
- Heat sensation can be intense for the following 2 – 3 hours after the procedure, but will subside within hours.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- You can apply makeup once the bulk of the redness resolves, usually later the day of treatment.

How to Care for Your Skin After the C+B Treatment:

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Clear + Brilliant laser treatment. Now it is important to help your skin heal quickly and protect your skin investment. Your after treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

- **Immediately After Treatment.** You should cool your skin as much as possible. Use a rich moisturizing ointment such as aquaphor or eucerin, or EltaMD moisturizer or post laser balm multiple times per day.
- Scrubs, Toners, Glycolic Acid, and Retin A. Your skin will be sensitive for the first few days after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. Skin will instruct you on when to begin using your other products.
- **Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine skin care and make-up products as designed by your skincare professional.
- **Sunblock.** It is very important that you use the ZO or Elta MD sunblock multiple times during the day to prevent sun damage to the skin. You should avoid direct sun exposure for 2 weeks (and as instructed by your skincare professional) after the treatment. Apply sunscreen 20 minutes before going outside. Reapply sunscreen every hour. If short, direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunblock use may lower the risk of laser-induced hyperpigmentation (darker color) and will ensure you receive and maintain the bt results from each procedure.
- **Moisturizer.** Remember that peeling and/or flaking is normal during the healing

- process. Therefore, you should use the EltaMD for moisture and redness.
- **Bleaching Creams.** Discontinue use of your Melamin skin lightening cream while your skin is tender. Restart your other products when instructed to do so by your skincare professional.
 - **Cold Sores.** If you have a history of cold sores, you will need to take Valtrex as prescribed by Dr. Gorodisky.
 - **Abnormal Healing.** If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us as soon as possible. Note: all of these are very rare, so don't worry...we do not expect them to happen. If they do, we can treat them.
 - **Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office ASAP
 - **Extras:** You may shower later that day or the next day and wash hair, but avoid excessively hot water. It would be best to take a bath so you do not let too much water pressure touch your face for the first day or two. Advil (ibuprofen) 600mg three times per day or Aleve 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling.