



## POST CARE

TREATMENT PERFORMED BY: \_\_\_\_\_ . FOR QUESTIONS /CONCERNS, CALL: \_\_\_\_\_

### WHAT TO EXPECT AFTER TREATMENT

Clear + Brilliant® treatments may result in temporary side effects. The type, intensity, and duration of these effects can vary based on the strength of the treatment and your body's individual healing response. In general, more aggressive treatments may lead to more noticeable or longer-lasting side effects. However, individual responses can vary—some patients may experience stronger side effects even after a mild treatment, while others may have minimal side effects following a more intensive session. If you experience side effects that are severe, unexpected, or concerning, please contact your provider promptly so we can assist you.

### WHAT YOU MAY FEEL AND LOOK LIKE:

- It's normal to experience **mild redness** immediately following your treatment. This typically begins to fade within a few hours.
- Some patients may experience slight **swelling**. To help reduce swelling, you can apply cold compresses for about 10 minutes at a time while awake. Sleeping with your head elevated, if comfortable, may also help during the first night.
- You may feel a **warm** or **hot sensation** in the treated areas for 2–3 hours after the procedure. This can range from mild to more intense, depending on your individual response.
- In the days following treatment, your **skin may appear bronzed** or **develop small dark spots** in the treated areas. It's also common for the skin to feel dry, rough (like sandpaper) or to experience light peeling or flaking. This is a normal part of the renewal process, as the treated skin exfoliates and is replaced by fresh, healthy skin.

### HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

Congratulations on taking the first step toward healthier, more radiant skin with your Clear + Brilliant® treatment! To support the healing process and protect the results of your investment, proper aftercare is essential. Your post-treatment skincare routine should be customized based on the specific treatment you received today. Please refer to the following aftercare instructions to promote optimal healing and maximize your results.

□ **Immediately After Treatment:** Your aesthetician will provide you with a post-care kit or samples. Follow the regimen and/ or recommendations as instructed by your licensed medical aesthetician.

□ **First Few Days:** Continue to cleanse and moisturize the treated areas regularly. Avoid direct contact between the treated skin and clothing or fabric when possible, to reduce the risk of irritation.

□ **Days 1–3 of Healing:** Keep the treated areas clean. Avoid smoking, alcohol, intense exercise, heavy sweating, swimming, and exposure to heat or direct sunlight during this time.

□ **Skincare Products:** Adhere to the customized skincare regimen recommended by your aesthetic provider as instructed.

□ **Sun Protection:** Sun protection is critical. Apply a broad-spectrum (UVA/UVB) sunscreen with SPF 30 or higher. Begin sunscreen use once the initial peeling or sloughing is complete, and continue daily for at least 3 months post-treatment. Apply sunscreen 20 minutes before sun exposure, and again immediately before going outside. Reapply every 2 hours while outdoors. If sun exposure is unavoidable, wear a wide-brimmed hat and sun-protective clothing to shield the treated area. Consistent sun protection may reduce the risk of post-treatment hyperpigmentation (dark spots.)

□ **Bleaching Agents:** Discontinue any topical bleaching agents while your skin heals. You may resume use once your provider confirms your skin is fully healed.

□ **Resuming Normal Skincare:** Return to your regular skincare routine only after your skin has completely healed or as directed by your aesthetician.

□ **Questions or Concerns:** Healing time can vary from person to person. If you have any questions or experience unusual symptoms, please contact our office at (215) 860-9600. For specific questions, reach out to your licensed medical aesthetician.

□ **Additional Instructions:**