



## BAY AREA COSMETIC DERMATOLOGY

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### PRE & POST CARE FOR AVICLEAR

[ Laser Series Treatment for Acne ]

#### WHAT IS AVICLEAR & WHAT TO EXPECT?

AviClear is a FDA-cleared energy device for the treatment of mild to severe acne. The laser's specific wavelength treats acne by selectively targeting and suppressing the sebaceous glands and the oil they secrete.

A series of (3) AviClear treatments are required for full results. Patients should start to note improvements 3-6 months from the first treatment with results continuing for up to one year.

Roughly half of AviClear patients may experience post-inflammatory flare ups after one or all of their treatments. If you have concerns about an acne flare up, please discuss with your provider.

- Condition may worsen before it improves.
- Flare ups typically occur 7+ days post-treatment and can last a few days to weeks post-treatment.
- Non-comedogenic makeup (suitable for acne-prone skin) is approved for use post-treatment..

#### HOW TO PREPARE FOR YOUR APPOINTMENT

Let your provider know:

- If you have used Isotretinoin (Accutane) within the last 6 months, or if you are or become pregnant during the series of treatments.
  - If you have a history of oral herpes or cold sores as this may require an antiviral prescription prior to treatment.
  - If you have a known history of rosacea or melasma.
  - If you have any changes to your health history or medications since your last appointment.
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- Avoid active and/or medicated products for 3-5 days before treatment. These include any retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
  - No sun tanning or self-tanners four weeks prior to treatment. Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
  - If you have facial hair, please come to your appointment clean shaven.

#### WHAT TO EXPECT DURING YOUR TREATMENT

- AviClear treatments can take up to an hour.
- The laser feels similar to a rubber band snap, This can be uncomfortable around sensitive areas like the nose, chin or along the jawline. Pain ranges from 3-8 (out of 10)
- During your prep time we will offer oral pain medication such as Tylenol or Ibuprofen. We also have the option of using Pronox (laughing gas) during the treatment for a \$105 fee. If you opt for the Pronox you will be able to drive after your appointment.

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## HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

- Immediately post-treatment, apply a broad- spectrum (UVA/UVB) SPF 30+ sunblock . Please continue to apply 30+ sunblock at least once daily. Find specific product recommendations on the following page.
- Gently icing the treated area immediately after treatment can reduce discomfort - we can provide additional ice packs to take home with you. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
- Most patients will experience mild redness of the treatment area, lasting up to one day post-treatment.
- Some patients may experience swelling of the treatment area lasting for as little as one hour or up to two days post-treatment.

**Please contact us with any concerns such as blistering, excessive or prolonged redness, swelling.**

## WHAT TO AVOID AFTER TREATMENT

- Heat (hot tubs, saunas, heated yoga, etc.) for 1-2 days post-treatment.
- Any exercise or activity that can cause sweating for 24 hours post-treatment.
- Active and/or medicated products for 3-5 days after treatment. These include any retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
- Avoid services that may irritate the skin for 1-2 weeks after treatment (waxing, threading, depilatories, etc.)

## SKIN CARE REGIMEN AFTER TREATMENT

- The morning after treatment, wash face with a gentle cleanser, followed by a gentle moisturizer and UVA/UVB 30+ SPF. At night, wash with a gentle cleanser, followed by a gentle moisturizer. Continue this regimen every day for 7-10 days post treatment.
- Non-comedogenic makeup may be applied the day after treatment provided you have no adverse skin reactions to the treatment.
- Resume your regular skin care regimen 3-5 days after treatment.
- Direct sun exposure should be minimized throughout the duration of the treatment regimen. 30+ SPF should continue to be applied at least once daily, reapplying every 90-minutes if outside.
- Some patients experience dryness and itching of the treatment area up to four weeks post- treatment which can be minimized with a gentle moisturizer.

## PRODUCT RECOMMENDATIONS [ Available in our office or online.

- Gentle cleansers including: [Obagi Gentle Cleanser](#) or [Neocutis Gentle Cleanser](#)
- 30+ UVA/UVB Sunblock including: [Isdin Photo Eryfotona Actinica](#), any of the [Eltamd sunscreens](#) we carry.
- Gentle Moisturizers including: [Neocutis BioCream Firm](#) (Original or Riche), [BACD Ultra Light Hydrating Cream](#) or [Fortified Cream](#)

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.