



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR CLEAR & BRILLIANT

[including Permea]

WHAT IS CLEAR & BRILLIANT?

Clear + Brilliant is a non-ablative laser used to address issues including discoloration, melasma, age spots, textural irregularities, enlarged pores and skin tone. Multiple treatments allow improvement with little to no social downtime. Regular treatments not only give your complexion a glowing appearance, but also improve your skin's health, keeping the aging process at bay. We recommend 4-6 treatments spaced no fewer than 3-4 weeks apart.

Clear + Brilliant targets textural skin issues such as pore size and skin tone while Permea addresses issues closer to the skin's surface like pigmentation and dullness. Both are safe for all skin types.

HOW TO PREPARE FOR TREATMENT

- Avoid medicated and or active products for 2 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapson, acne products, or precancer treatments as directed by your provider.
- If you have a beard, please arrive clean-shaven, as we cannot treat over beards with this laser.
- Avoid sun exposure and sunless tanner for 2 weeks prior to treatment.
- If you are currently taking blood thinners, you may experience bruising. If approved by your doctor, please stop one week in advance of the procedure.
- **PLEASE LET YOUR PROVIDER KNOW:**
 - If you have a history of cold sores or herpes simplex as treatment may provoke an outbreak and we can pretreat with an oral RX at the time of appointment.
 - If you have ever used or are currently using Accutane (Isotretinoin).
 - If you have a history of reaction to numbing cream.

WHAT TO EXPECT

There is some warmth with each pulse of light. In order to make the procedure as comfortable as possible, we will use a topical numbing cream that is applied 20-30 min before the treatment. Cold air will also be used during the treatment. Both make this procedure as comfortable as possible.

Very mild redness and slight swelling after each treatment is expected. This may be followed by slight bronzing/flaking 3-4 days later. Serious side effects are rare, but most can be avoided by proper sun avoidance before and after the procedure and following the post procedure instructions.

Possible adverse effects include discoloration (lightening or darkening), prolonged redness, swelling and extremely rarely infection or pinpoint scarring. During the treatment, shields are worn to protect the eyes.

CONTINUED ON NEXT PAGE



HOW TO CARE FOR SKIN AFTER TREATMENT

- The treated area may turn pink and slightly swollen for the first few days after treatment. After 1-3 days and depending on the condition treated, you may experience a sandpaper-like texture or “Bronzing” of the treated area which will peel/flake away between day 3-10. Some redness, tenderness and itching may also develop.
- You may use Tylenol for discomfort after the procedure. Cool ice packs/compresses may be needed for “sunburn feel” on the day of the procedure
- After a gentle treatment, redness may be seen for 3-5 days. With more aggressive treatments, dark brown scale and/or a “sand paper” like feel may be present. Mild swelling may last up to 5 days. Make-up may be worn but we recommend you wait 24 hours before applying. Particular care must be taken to avoid irritation of the skin while removing your make-up. Avoid abrasive or irritating make up removers. We recommend using a gentle cleanser, moisturizer, and physical sunscreen.
- Active and/or medicated products may be resumed after 5-7 days or when peeling and dryness have resolved.
- Sun protection including SPF 30+, and a hat when in direct sun are recommended for at least 4 weeks after each treatment. To maintain your results, these sun protective measures should continue indefinitely as well as appropriate skincare.

MAINTAINING RESULTS

The best way to maintain results is to protect the skin from the sun. A few Clear + Brilliant treatments per year are helpful to keep brown spots and fine lines at bay. At home antioxidants, such as Skinceuticals CE Ferulic/ Phloretin and products to minimize pigmentation such as a retin-A /retinol may also help maintain the beneficial effects. Daily use of 30SPF+ is vital.

The pixelation of the treated skin allows products to be more readily absorbed-17x more than your normal skin absorption for up to 4 days. This absorption contributes to faster healing time as well as stimulation of new collagen growth.

Your provider will help you choose the right products for your skin at the time of the treatment.

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.