



## Clear + Brilliant® Touch Pre and Post Care

Clear + Brilliant is a gentle laser skin resurfacing procedure that provides for a safe, effective and non-invasive way to improve skin texture and elasticity, minimize the appearance of pores, reverse early signs of aging, and treat hyperpigmentation (including melasma). Clear + Brilliant is an ideal “first time” laser.

Perceptions offers Clear + Brilliant treatment for the following: • Fine lines • Melasma • Textural changes • Signs of early aging • Sunspots • Enlarged pores • Uneven pigmentation • Dull looking skin

### PRE-TREATMENT INSTRUCTIONS FOR CLEAR + BRILLIANT:

- Please stop using the following skin products 7 days before your treatment (read labels on your skincare products to avoid these ingredients): glycolic acid, salicylic acid, retinoids (retinol, Retin-A, Tazorac, Differin), acne medications, exfoliating scrubs and brushes, skin bleaching agents (hydroquinone).
- Two weeks prior to your treatment, stop tanning or sun exposure.
- Avoid the following procedures for two weeks prior to your treatment: Microdermabrasion, hair waxing, chemical peels, laser hair removal, IPL
- Avoid wearing makeup to your appointment.
- Hydrate and eat something prior to your appointment.

### POST CARE INSTRUCTIONS FOR CLEAR + BRILLIANT

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Clear + Brilliant is considered a gentle laser and patients should expect mild redness and “sandpaper” feeling or dryness of the skin for the first few days after treatment.

- For the first few days after treatment, cleanse your skin using a gentle cleanser. Avoid scrubbing, rubbing or use of exfoliants.
- Avoid excessive exercise, perspiration, swimming or exposing skin to heat and sun for 2 days after treatment.
- Avoid scrubs, toners, glycolic acid, and retinoids until the skin is healed completely from your treatment. Your skin will be sensitive after the treatment. Do not use products that will cause irritation during this time.
- You can return to a normal skincare regimen once the skin has healed completely.
- It is very important that you use sunscreen to prevent sun damage to the skin. The sunscreen you use should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.