



the MedSpa

RALEIGH PLASTIC SURGERY CENTER

Post Clear & Brilliant Treatment

You have taken the first step toward more healthy and radiant looking skin by having a Clear and Brilliant Laser Treatment. Following today's treatment, it is important to follow with the recommendations and skin care regimen provided below. The following recommendations will aid in quick healing and optimal treatment results.

- **Immediately After the Treatment:** Your esthetician will apply a hydrating serum and physical sunblock.
- **12-24 hours following the Treatment:** Your skin may be pink to red for approximately 2-3 hours, swollen and irritated. It should feel like a mild sunburn. It is very common to feel heat in the areas treated. The use of ice packs may help alleviate this sensation. Avoid extreme temperatures of heat for 24 hours post treatment (ex: Jacuzzi, hot showers, etc.)
- **First Few Days:** A gentle skin care regimen should be followed for the first few days post treatment. For optimal healing results, we have provided you with the recommended appropriate skin care samples. Do not use the following products on the treated area for 3 days before and 3 days after treatment:
 - *scrubs, exfoliation products, bleaching creams, retinoids (Retin-A) or any similar vitamin A compounds or irritating agents.*
- **Dryness:** It is typical to experience facial dryness and a rough sand paper-like texture for up to a week following the treatment, therefore, consistent use of a moisturizer is recommended. Avoid using toners, alpha and beta hydroxy acids and Retin-A or Retinol products during this time. Use of these products may cause further irritation and dryness. Do not pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.

- **Sunscreen:** It is very important that you use an SPF to prevent sun damage to the skin. For ultimate protection, SPF should have a sun protection factor of 30+ and contain zinc oxide of 5% or greater. We highly encourage daily year-round use of SPF. Due to skin's vulnerability following a laser treatment, it is imperative to continue to apply a physical sunblock for 3 months following your last treatment. A SPF should be applied 20 minutes prior to going outside. While outdoors, SPF should be reapplied every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Continual use of SPF may lower the risk of laser-induced hyperpigmentation. We recommend Tizo, Skinceuticals and Replenix brands.
- **Facial Scrubs/Clarisonic:** Your skin will be sensitive following the treatment, therefore, avoid using facial scrubs or cleansing devices such as a Clarisonic the first 3-4 days following the treatment.
- **Normal Skin Care Regimen:** Once the sloughing is complete, if they are tolerable to you, you may resume your routine skin care.
- **Makeup:** Mineral makeup may be applied immediately following the treatment.
- **Bleaching Creams:** These creams should not be used during the healing phase but may be restarted once the dryness has resolved, which is usually 7 days following the treatment.
- **Cold Sores:** If you have a history of cold sores, please pre-treat with medications as necessary.

Your Esthetician will provide you with a three day supply of samples appropriate for your skin type.

For Questions or Concerns, please contact us at 919.333.4418 or email themedspa.rpsc@gmail.com

