



## Clear + Brilliant Laser: Pre and Post Instructions

### Pre Clear + Brilliant Treatment

- **DO** stop any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Epiduo or Ziana for 3 days prior to treatment.
- If you have a history of cold sores, or prior use of **Accutane** please **DO** let the nurse or physician know.

### Post Clear + Brilliant Treatment

- **DO** expect: mild redness lasting hours to a few days, which can be covered with tinted sunscreen (ask us what we love!) followed by a “sandpaper” sensation for 5-7 days.
- **DO** wash twice a day with the gentle cleanser provided in the post procedure pack
- **DO** liberally apply the bland moisturizer recommended at least twice a day.
- **DO NOT** vigorously rub the skin and **DO NOT** pick or use exfoliants or a Clarisonic brush as this may cause scarring.
- Sun protection is critical. You should **NOT** have sun exposure; wear a broad spectrum sunscreen with a minimum of SPF 30. This includes driving to work. Obviously, do not use a tanning salon.
- **AVOID** laser treatments, peels, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- **DO** wait 7 days before resuming the use of exfoliating agents, scrubs, or brushes such as a Clarisonic Brush.
- **DO NOT** wait 7 days to restart TDI's Brightening Discs if you are on them.
- If you were instructed to take an antiviral medication, **DO** complete the prescribed course.

### Maximizing Benefits of Clear + Brilliant Treatment

- The Clear + Brilliant Treatment creates microchannels in the skin—**DO** maximize your treatment results with recommended **immediate post-treatment skincare products (Vitamin C Serum is key)** that have been shown in published studies to boost collagen and improve radiance and pigment. This is key in **maximizing your investment towards glowing skin.**
- For those with hyperpigmentation, **DO RESTART** TDI's Brighten and Lift or your prescribed Bleaching Cream **2 days post treatment** or when immediate redness subsides.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**