

Today you had a Clear+Brilliant / Permea Laser Treatment

Your treatment was performed by: _____. For problems or questions, call: 910.256.4350 or email office@wilmingtondermatologycenter.com after hours.

What to Expect After Treatment

The Clear+Brilliant / Permea System Laser Treatments will result marked improvement in your skin tone and texture after a single treatment. Your skin will look and feel smoother, cleaner and tighter. With additional treatments, you will start to notice softening of fine lines and wrinkles, pore size reduction, clearance of pigmentation and an all-over luminosity to their skin. Six treatments have been studied to yield optimal results. However, every patient's skin is different and has different needs, so Dr. George and our aestheticians will be able to guide you as to how many treatments will yield the best results!

What you may feel and look like:

- Immediately after the treatment, you will experience slight to moderate erythema (**redness** of the skin). If you are a long time Retin A or Tretinoin user, the redness might be slightly more pronounced. The redness will dissipate over time lasting anywhere from a few hours to 24 hours after treatment.
- The day after treatment, you should expect a "sand paper" like texture and feel to your skin. This is the dead skin cells getting ready to "slough off." The sand papery texture can last anywhere from 3-5 days. It is important that you allow your skin to smooth out naturally, and NOT use any type of exfoliating type of products, a Clarisonic, etc. to speed this process up. The skin is compromised from the treatment and we want it to heal naturally.
- Once the sand paper feeling goes away within 3-5 days, your skin will look and feel smooth and refreshed!

How to Care for Your Skin After Treatment

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Clear + Brilliant System laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

Your after treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

- Immediately After Treatment.** Use a bland moisturizer (i.e. Cetaphil® cream) or a very thin layer of petrolatum ointment (i.e. Aquaphor®). Use petrolatum ointment to cover any area with oozing and keep moist. Use of icepacks helps alleviate the heat sensation. You may also cleanse your face with a mild cleanser.
- First Few Days.** Continue cleansing and moisturizing over the next few days. Once the sloughing starts, please allow your skin to heal and **DO NOT** scrub, rub, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.

Clear+Brilliant / Permea Patient Post Care Instructions

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- First Week of Healing.** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.
- Skin Care Products.** All of your skin care products should be non-irritating and non-clogging for the first week or so after a Clear + Brilliant treatment. Examples of brands that offer very gentle and inexpensive products that are ideal to use: Aveeno[®], Dove[®], Neutrogena[®], and Cetaphil[®].
- Scrubs, Toners, Glycolic Acid, and Retin A.** Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. *Read the product labels.*
- Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you.
- Sunscreen.** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).
- Moisturizer.** Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Instead of using 2 separate products, use moisturizers that contain SPF30+. Reapply whenever your skin feels dry.
- Bleaching Creams.** Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream on: _____
- Cold Sores.** If you have a history of cold sores, ask your doctor about care!
- Resume your normal skin care regimen when your skin has fully healed.**

What products to use after Clear+Brilliant / Permea Laser Treatment:

WDC recommends the following post care skin care products following your **Clear+Brilliant / Permea** System treatment:

- Cleanser – A gentle cleanser such as Cerave or Dove
- Moisturizers – A gentle moisturizer such as SkinMedica Ultra Sheer, SkinCeuticals Hydrating B5 Gel, or SkinMedica Dermal Repair
- Sunscreens – At least an SPF 30+ offering broadband protection such as SkinCeuticals or EltaMD

I was instructed on the above Clear + Brilliant System laser treatment post-care and a copy was given to me.

Name _____ Signature _____ Date _____