

# A future with less acne is here

## PRE- AND POST-TREATMENT INSTRUCTIONS

### Before your AviClear treatment

- Let your provider know if you have used **Isotretinoin (Accutane) within the last 6 months.**
- **Avoid skin irritants** (examples below) for 3-5 days before treatment.
  - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
- **No suntanning or self-tanners** four weeks prior to treatment.
  - *Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.*
- Notify clinic with any changes to your **health history or medications since your last appointment.**
- History of herpes or cold sores **may require an antiviral prescription** prior to treatment.
- **Excess hair** may need to be **shaved.** Men should be cleanly shaved.

### After your AviClear treatment

Immediately post-treatment, apply a broad-spectrum (UVA/UVB) SPF 30+ sunblock, which should be applied at least once daily.

Cold compresses or chilled gel packs may be applied post-treatment for your comfort.

If a blister develops, contact treatment provider.

#### Post-treatment instructions:

- Starting the morning after treatment, wash face with a gentle cleanser, followed by a gentle moisturizer every day twice a day for 7-10 days.
  - *Resume regular skincare regimen 7-10 days after treatment.*
- Makeup can be applied the day after treatment.
- Start applying UVA/UVB 30+ SPF sunblock daily, starting the morning after treatment.
  - *Sunblock should be applied at least once daily, reapplying every 90-minutes if outside.*
  - *Direct sun exposure should be minimized throughout the duration of the treatment regimen.*
- Most patients will experience mild redness of the treatment area, lasting up to one day post-treatment.
- Some patients may experience swelling of the treatment area lasting for as little as one hour or up to two days post-treatment.
- Some patients experience dryness and itching of the treatment area up to four weeks post-treatment. Use a gentle moisturizer (e.g., CeraVe®, Cetaphil®).



- Roughly half of AviClear patients may experience post-inflammatory flareups after one or all of their treatments.
  - *Condition may worsen before it improves*
  - *Typically occurs seven or more days post-treatment*
  - *Can last a few weeks post-treatment*
  - *Non-comedogenic makeup for acne-prone skin is okay to cover*
- Avoid heat (hot tubs, saunas, etc.) for 1-2 days post-treatment.
- Limit any exercise or activity that can cause sweating for 24 hours post-treatment.
- Avoid skin irritants (examples below) 7-10 days after treatment:
  - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
  - *Avoid treatments that may irritate the skin for 1-2 weeks after treatment (waxing, depilatories, etc.)*

Contact us with any concerns such as blistering, excessive or prolonged redness/swelling, etc.

Additional instructions:

---

Clinic:

---

Contact at clinic:

---

Clinic phone number:

---