



BELLAIRE DERMATOLOGY

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Clear and Brilliant Post Care Treatment

Your treatment was performed by: _____. For problems or questions, call: 73-661-4383 or email Cosmetics@bellairedermatology.com after hours.

What to Expect After Treatment

The Clear+Brilliant Laser Treatment will result marked improvement in your skin tone and texture after a single treatment. Your skin will look and feel smoother, and you will see improved tone, texture, and radiance. 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 your skin.

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

- 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 exfoliates. Keep clothing away from treated body parts as much as possible to avoid irritation. Keep treated area clean; avoid excessive exercise, perspiring, swimming, or exposing skin to heat and sun. 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 skincare and make-up products, as long as they are tolerable to you. 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.
- Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream after sloughing is complete.