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Clear + Brilliant® PRE-TREATMENT GUIDELINES

Clear + Brilliant® is a gentle laser skin resurfacing procedure that provides for a safe, effective, and non-invasive way to improve skin texture and elasticity, minimizing the appearance of pores, reversing early signs of aging, and treating hyperpigmentation, including melasma. Clear + Brilliant® is an ideal “first time” laser.

Clear + Brilliant® addresses the following skin concerns:

- Fine lines
- Melasma
- Textural changes
- Signs of early aging
- Sunspots
- Uneven pigmentation
- Enlarged pores
- Dull looking skin

Before Your Treatment

- Discontinue the following 7 days prior to your treatment:
 - Glycolic acid
 - Salicylic acid
 - Retinoids (e.g. Retinol, Tretinoin, Retin A, Tazorac, etc.)
 - Acne medications
 - Exfoliating scrubs and brushes
 - Skin bleaching agents (e.g. Hydroquinone)
- Avoid the following procedures 2 weeks prior to your treatment:
 - Micro dermabrasion
 - Waxing
 - Chemical peels
 - Laser hair removal
 - IPL laser
- If you develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, please reschedule your appointment until after it resolves.
- If you have a history of cold sores, please let us know. You will need to begin an antiviral medication two days prior to treatment.
- Be sure to have a good breakfast, including food and drink, before your procedure. This will decrease the chances of lightheadedness during your treatment.
- 15 minutes prior to your appointment apply topical numbing cream to the area to be treated.



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- If you do not have numbing cream, plan to arrive at the office 15 minutes prior to your appointment with a cleansed face.

Frequently Asked Questions About Clear + Brilliant®:

How does Clear + Brilliant® work?

Clear + Brilliant® is a gentle laser that refreshes your skin from the inside out. It uses light energy to create millions of microscopic treatment zones on your skin, replacing damaged skin with healthy, younger looking skin.

How long does the treatment take?

The actual Clear + Brilliant® treatment takes approximately 30 minutes. If you have not applied the numbing cream at home, you will need to arrive 15 minutes prior to your scheduled appointment time to have the numbing cream applied by us.

How many treatments are recommended for optimal results?

Your skin, genetic make-up, lifestyle and personal history are unique. They all contribute to how your skin looks and feels. For most people, maximum results are realized after 4-6 treatment sessions with the Clear + Brilliant®, with treatment sessions spaced about 4 weeks apart. During your initial consultation, we will develop a treatment plan that works for you.

What are the potential side effects of Clear + Brilliant®:

The intensity and duration of your side effects depends upon the treatment aggressiveness and your individual healing characteristics. Clear + Brilliant® is considered a gentle laser and patients should expect mild redness and a "sandpaper" feeling or dryness of the skin for the first few days after treatment.