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## **UltraClear Laser Treatment**

### Pre-Procedure

1. Please go to your preferred pharmacy to pick up any discussed pre-procedure prescriptions.
  - a. Take ibuprofen 200mg 4 tablets (total 800mg) and Tylenol 500mg 2 tablets (total 1,000 mg) 1 HOUR prior to appointment time.
2. Arrive to the office 1 HOUR prior to appointment time so topical numbing may be applied to treatment surfaces. Arriving later may result in a decrease of numbing time.
3. If you have a history of cold sores, be sure to take Valtrex 1g the day before your treatment, on the day of, and the day following treatment to help prevent a breakout. You will continue to take 1 tablet daily for 7 days following the treatment as a preventative measure.
  - a. Please let us know if you need a prescription sent.
4. **\*VERY IMPORTANT\* Make sure to hydrate well prior to treatment to optimize the effectiveness of your treatment.**
5. We highly recommend using Alastin Skin Nectar twice daily for 10 days prior to treatment. This product can be added as a final step to your regular routine and will help improve your treatment results and lessen downtime.
6. Please make sure you are stocked up at home with the following post care supplies:
  - a. Gauze
  - b. Aquaphor (fresh tube is recommended)
  - c. White vinegar
  - d. Optional (to help with swelling): Allegra or Zyrtec and Pepcid

**IF THERE ARE ANY QUESTIONS, PLEASE CALL THE OFFICE AT 301-951-7905 OR  
EMAIL CONTACTUS@DRTERMATOLOGY.COM. WE ARE HERE FOR YOU! THERE  
IS NO WRONG QUESTION TO ASK.**

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### Post-Procedure

1. Day Of Procedure:

- a. *Immediately post treatment* – erythema and a sunburn like feeling is common. This can last up to a few hours post treatment. To reduce the discomfort and remove the heat, you can use clean gauze soaked in cool water as a compress applied to the skin.
- b. *Two hours post treatment* – apply a thick layer of Aquaphor to the treated area.
- c. *The night after treatment* – swelling is normal, especially around the eyes. You can take Allegra or Zyrtec and Pepcid together to decrease swelling.

Take 1 teaspoon of white vinegar and mix with 16 oz. of water. Use this solution as a cold compress using clean gauze. This will cleanse the skin and keep it clean of bacteria. Reapply Aquaphor after each vinegar soak. These vinegar soaks can be used periodically for comfort and to soothe the skin throughout the day but are not required.

2. Day 1 Post Treatment:

Continue the vinegar soaks as directed, and you can begin cleaning the skin with bare hands and gentle cleanser, such as Aura Green Tea Fortified Cleanser. For 3-D Miracl treatments, you may start a moisturizer today. For deeper treatments, use Vaseline or Aquaphor for day 1 – 7 to keep skin hydrated. You may use a gentle cleanser today if desired, but it is okay to use water alone and vinegar soaks to cleanse skin if discomfort with a cleanser occurs.

3. Day 2 – 7 Post Treatment:

Clean the treated areas with a gentle facial cleanser using nothing more abrasive than the fingertips. Do not scrub treated areas. You should sleep in a modified upright position along with a clean pillowcase and linens for the second or consecutive nights as needed. Vinegar soaks can be used for persistent discomfort. Remove Vaseline/Aquaphor prior to vinegar soaks with a gentle cleanser. No worries if the Vaseline/Aquaphor isn't completely cleared off the skin with the cleanser. Post soak, reapply Vaseline/Aquaphor. Repeat as needed. If you are going to be outside and exposed to the sun wear a hat and your daily SPF for full protection. You may start wearing makeup if desired on day 3.

Please Note: It is normal to have pinpoint bleeding following customized treatment. This may continue for a few hours after treatment or throughout the night. Holding pressure with clean gauze is advised.

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## **Recommended Do Not's:**

### For 1-2 Days

- NO sunscreen on day 1, ok to start applying day 2
- NO alcohol, spicy or hot foods until day 2.
- NO exercise, defer activity until redness or swelling subside on at least day 3.
- NO sun or any environmental exposures like wind, extreme cold, ocean water.
- NO product use other than those recommended by or given to you by your provider.
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- NO cosmetics unless you have a “new” brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 2-3 if comfortable.
- NO ice, (especially frozen peas or vegetable packets) directly on the skin, especially if you are still numb from pre-treatment topical analgesic mixture immediately post-treatment. There is no way to assure what you procured from the grocery store freezer is “clean”.
- NO ice/ice baths for 72 hours, cold water is fine. Ice before 72 hours can increase edema. This includes “small” ice packs, skin should be cooled evenly with a full mask or a moist cooled “hand towel” covering the full treatment area. Small ice packs in isolated areas may promote uneven healing and leave hot spots.
- NO cleansers or products with acids, PEG's, high alcohol content, botanicals, or a multiple ingredient menu. The more ingredients on the label the harder it will be to extrapolate what caused a reaction post treatment.
- NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

### For 3-5 Days

- NO Rx or acid-based products until your practitioner has cleared you to use them. This could be anywhere from 5 – 14 days depending on the depth and degree of your treatment.
- NO picking rubbing, scrubbing or exfoliating while the skin is sloughing.
- NO Rx medications (like retinols) or adjunct laser treatments until you are cleared by your treating providers. This could be up to 10 – 12 weeks.
- NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.