

## **CLEAR + BRILLIANT TREATMENT GUIDELINES**

**By Shaun Patel, M.D.**

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, minimize the appearance of pores, reverse early signs of aging, and treat hyperpigmentation (including melasma). Clear + Brilliant is an ideal “first time” laser.

Dr. Patel offers Clear + Brilliant treatment for the following:

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

### **PRE-TREATMENT INSTRUCTIONS FOR CLEAR + BRILLIANT:**

- 1) Please stop using the following skin products 7 days before your treatment (read labels on your skincare products to avoid these ingredients):
  - a) glycolic acid
  - b) salicylic acid
  - c) retinoids (retinol, Retin-A, Tazorac, Differin)
  - d) acne medications
  - e) exfoliating scrubs and brushes
  - f) skin bleaching agents (hydroquinone)
- 2) Two weeks prior to your treatment, stop:
  - a) tanning or sun exposure
- 3) Avoid the following procedures for two weeks prior to your treatment:
  - a) microdermabrasion
  - b) hair waxing
  - c) chemical peels
  - d) laser hair removal
  - e) IPL
- 4) If you have ever had a cold sore, please let Dr. Patel know prior to your treatment.
- 5) Avoid wearing makeup to your appointment.
- 6) Drink water and eat something prior to your appointment.
- 7) Arrive to your appointment 15 minutes prior to your scheduled appointment time. We will use this time to apply a topical anesthetic to keep you comfortable during your treatment.

## **POST-TREATMENT INSTRUCTIONS FOR CLEAR + BRILLIANT:**

- 1) For the first few days after treatment, cleanse your skin using a gentle cleanser. Avoid scrubbing, rubbing or use of exfoliants.
- 2) Avoid excessive exercise, perspiration, swimming or exposing skin to heat and sun for 2 days after treatment.
- 3) Avoid scrubs, toners, glycolic acid, and retinoids until the skin is healed completely from your treatment. Your skin will be sensitive after the treatment. Do not use products that will cause irritation during this time. Please see post treatment product list below.
- 4) You can return to a normal skincare regimen once the skin has healed completely.
- 5) It is very important that you use sunscreen to prevent sun damage to the skin. The sunscreen you use should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. 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)
- 6) If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact Dr. Patel's office as soon as possible.

## **DR. PATEL'S RECOMMENDED SKINCARE REGIMEN AFTER CLEAR + BRILLIANT:**

For Permea 1927 treatments:

Morning:

1. Gentle Cleanser
2. C E Ferulic (start morning after laser treatment)
3. Phyto Corrective gel or Hydrating B5 Gel
4. Triple Lipid Restore
5. EltaMD sunscreen (Clear, Physical or Elements)
6. Sunforgettable brush by Colorescience for reapplication of sun protection

Evening:

7. Gentle cleanser
8. Phyto Corrective gel or Hydrating B5 Gel
9. Triple Lipid Restore

For Original 1440 treatments:

Morning:

1. Gentle Cleanser
2. C E Ferulic (start morning after laser treatment)
3. A.G.E. Interrupter
4. Hydrating B5 gel
5. EltaMD sunscreen (Clear, Physical or Elements)
6. Sunforgettable brush by Colorescience for reapplication of sun protection

Evening:

7. Gentle cleanser
8. A.G.E. Interrupter
9. Hydrating B5 gel

Other products that maybe used:

1. Bland moisturizer from Cerave
2. Gentle cleanser from Cetaphil
3. Aquaphor (only if you develop any areas of raw skin after treatment)

#### **SIDE EFFECTS OF CLEAR + BRILLIANT TREATMENT:**

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

#### **FREQUENTLY ASKED QUESTIONS ABOUT CLEAR + BRILLIANT:**

##### **How does Clear + Brilliant work?**

Clear + Brilliant is a gentle laser that refreshes your skin from 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 many Clear + Brilliant 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 6 treatment sessions with the Clear + Brilliant, with treatment sessions spaced 2 weeks apart. During your initial consultation with Dr. Patel, he will develop a treatment plan that works for you.

##### **How long does the treatment take?**

The appointment session is 45 minutes. We put a topical anesthetic on your skin for the first 15 minutes. After this, the actual laser treatment is performed, which also takes 15 minutes. This is followed by the application of a soothing post procedure BioCeullose masque for 15 minutes to help calm the skin.

**How much social downtime is required?**

Clear + Brilliant treatments are very gentle and are designed to minimize side effects associated with typical laser treatments. Most patients experience mild redness and subtle inflammation immediately after the treatment which will resolve within a few hours but may last until the following day.

**Can Clear + Brilliant be used to treat the neck and chest?**

Yes! Since fractional resurfacing treatment is so precise, it is safe and effective on delicate skin areas like the neck, chest and hands, in addition to the face.

**What results should be expected with Clear + Brilliant treatment?**

Your skin will feel softer and have an improved tone, texture and radiance after treatment with Clear + Brilliant. Pore size is also minimized after treatment.

If you have any questions or concerns, please contact the office at (786) 509-4055. You can also reach Dr. Patel at [spatel@miamiskinandvein.com](mailto:spatel@miamiskinandvein.com).