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## **Clear and Brilliant Laser Post-Care Instructions**

### **What to expect after treatment**

Clear and Brilliant Laser Treatment produces very mild effects. The intensity and duration of your after care effects depends on your individual healing characteristics.

Notify your skincare professional immediately if the severity of your after effects becomes a problem for you or you have any concerns or questions, however, this is very unlikely to occur.

### **What you may feel and look like after Clear and Brilliant treatment**

Immediately after the treatment, you will experience some redness and swelling. Most of this will be gone 4-6 hours after the treatment, but you may still notice mild pinkness to the skin the next day which can be covered with makeup. To minimize swelling do the following:

- Apply cold compresses (crushed ice or frozen peas in a Ziploc bag or soaked clothes) to the treatment area for 10-20 minutes for every hour on the day of the treatment, until you go to bed. The ice/pea Ziploc bags may be put in a pillow case and then on the skin if it is too cold.
- Heat sensation can be intense for the following 2-3 hours after the procedure, but will subside within hours.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Your skin may feel dry, peel or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- You can apply makeup once the bulk of the redness resolves, usually later that day of treatment.

- **Sunscreens.** It is very important that you use sunscreen. The sunscreen should offer broadband protection (UVA/UVB) and have a sun protection factor (SPF) of 30 or more. You should first apply sunscreen 20 minutes before going outside and again immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunblock use may lower the risk of laser induced hyperpigmentation (darker color) and will ensure you receive the best results from each procedure.
- **Scrubs, Toners, Glycolic Acid and Tretinoins.** Your skin will be sensitive for the first few days 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 RetinA.
- **Moisturizer.** Remember that peeling and/or flaking is normal during the healing process. Therefore, you should use moisturizing creams (Cerave moisturizing cream) for moisture and redness.