****

**Treatment Instructions for Clear and Brilliant**

*Disclaimer: You are not a candidate if you are pregnant, breast feeding or have open sores in the treatment area.*

Pre-Treatment Instructions:

* If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
* Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
* Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
* Discontinue Accutane 4-6 months prior to treatment.
* Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
* Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
* Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
* Avoid Botox at least 1 week prior and 1 week after treatment.
* Avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.
* **Consider taking Arnica tablets 1 week prior to treatment to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

* Apply your Elta MD sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
* Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
* Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.)

What To Expect:

* Redness will subside the day after treatment, and longer in rare cases.
* Your skin may have a rough sandpaper texture for up to 3 days after treatment, and longer in rare cases.