



# TIMELESS

## SKIN SOLUTIONS

### **AviClear** **Before & After Instructions**

#### **Before treatment:**

Please inform your provider if you have used Isotretinoin (Accutane) within the last 6 months, have a history of cold sores, or have had any changes to your health history or medications since your last appointment. Avoid skin irritants for 3 days before treatment such as tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, etc. Avoid prolonged sun exposure or self-tanners 2 weeks prior to the initial session and during the treatment regimen. This includes spray tans, tanning lotions, tanning beds, or that trip to Mexico. Excess hair may need to be shaved. Men should be cleanly shaved.

To Avoid post treatment inflammation, we advise Antihistamines such as Zyrtec/Claritin/Allegra 2 days prior and 5 days after treatment.

#### **Immediately after treatment:**

Apply a broad- spectrum (UVA/UVB) SPF 30+ sunblock, which should be applied at least once daily, such as Essential Defense. Cold compresses or chilled gel packs may be applied post-treatment for your comfort. If a blister develops, contact your provider.

#### **After treatment:**

1. Wash your face with a gentle cleanser, followed by a gentle moisturizer, such as HA5 or Replenish Hydrate every day twice a day for a few days.
2. Apply UVA/UVB 30+ SPF sunblock **daily**. Direct sun exposure should be minimized throughout the duration of the treatment.
3. Avoid skin irritants for 3 days post treatment such as tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, exfoliants, etc.
4. Make-up can be applied the day after treatment.

5. Most patients will experience mild redness of the treatment area, lasting up to 1-2 days post-treatment, and should use a gentle moisturizer.
6. Condition may worsen before it improves, and a vinegar soak can be used:
  - a. You can use a vinegar soak 3-4 times daily beginning the day of your treatment to promote healing and provide antiseptic benefits.
  - b. Mix 1 teaspoon of plain white vinegar to 2 cups of cool water.
  - c. This solution may be mixed up ahead of time and kept in the refrigerator.
7. You can resume regular skincare regimen 3 days post treatment.
8. Avoid heat (hot tubs, saunas, etc.) for 1-2 days post-treatment.
9. Most patients will experience acne flare up post treatment.
10. Avoid treatments that may irritate the skin for 1-2 weeks after treatment such as waxing, etc.

Contact us if you have any concerns (blistering, excessive redness/swelling, etc.)

### **When will I see results?**

*In Cutera's clinical studies, most AviClear patients showed improvement 3 months after their 3rd AviClear treatment with some patients seeing improvement 6 months after their 3rd treatment. While the results can vary, improvement can continue through 12 months after the 3rd treatment, meaning there might be a delayed response in some patients. However, like any other medical treatment, results cannot be guaranteed.*

If you have any questions or concerns, please do not hesitate to call us at (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com). In case of emergency call 911.