

# A future with less acne is here

## AviClear Pre and Post Treatment Instructions

- Let your AviClear provider know if you have used Isotretinoin (Accutane) within the last 6 months.
- Avoid skin irritants (examples below) for a few days before treatment.
  - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
- Avoid prolonged sun tanning or self-tanners prior to and during the treatment regimen. ◦ *Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.*
- Notify your AviClear provider with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an antiviral prescription prior to treatment. Please let your AviClear provider know if you have a history of cold sores.
- Excess hair may need to be shaved. Men should be cleanly shaved.
- Immediately post-treatment, apply a broad-spectrum (UVA/UVB) SPF 30+ sunblock, which should be applied at least once daily.
- Cold compresses or chilled gel packs may be applied post-treatment for your comfort.
- If a blister develops, contact your AviClear provider.
- Starting the morning after treatment, wash your face with a gentle cleanser, followed by a gentle moisturizer every day twice a day for a few days.
  - *Resume regular skincare regimen a few days after treatment.*
- Makeup can be applied the day after treatment.
- Start applying UVA/UVB 30+ SPF sunblock DAILY, starting the morning after treatment. ◦ *Sunblock should be applied at least once daily, reapplying every 90-minutes if outside.*
  - *Direct sun exposure should be minimized throughout the duration of the treatment regimen.*
- Most patients will experience mild redness of the treatment area, lasting up to one day post-treatment.
- Some patients experience dryness and itching of the treatment area up to four weeks post-treatment. ◦ *Use a gentle moisturizer (e.g., CeraVe®, Cetaphil®).*
- Roughly half of AviClear patients may experience post-inflammatory flareups after one or all their treatments.
  - *Condition may worsen before it improves*
  - *Typically occurs a few days post-treatment*
  - *Can last a few weeks post-treatment*
  - *Non-comedogenic makeup for acne-prone skin is okay to cover*
- Avoid heat (hot tubs, saunas, etc.) for 1-2 days post-treatment.
- Limit any exercise or activity that can cause sweating for 24 hours post-treatment.
- Avoid skin irritants (examples below) a few days after treatment:
  - \* *Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*

- Avoid treatments that may irritate the skin for 1-2 weeks after treatment:
  - *Waxing, depilatories, etc.*
- Contact your AviClear provider with any concerns such as swelling with or without pustules, blistering, excessive or prolonged redness/swelling, etc.
- Remember to wash your face every morning and night and after working out/sweating. ·Benzoyl peroxide or a retinoid product (starting a few days after treatment) can prevent clogged pores. ·Every morning and evening, apply non-comedogenic moisturizer to prevent rebound oiliness. ·Use UVA/UVB sunblock daily.
- Shampoo your hair regularly if it's long or touches your face/back.
- Stick to your treatment regimen, trying too many new acne treatments can irritate your skin.
- Don't touch or pick your face.
- Wash makeup brushes, pillowcases, sheets, etc. regularly.

*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 6 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.*

**AviClear Provider Name: Body Works Day Spa 516 488 5573**