



# ULTRACLEAR LASER

## UltraClear 3DMIRACL & Moderate Customized Treatments

UltraClear is the first cold fiber laser FDA approved for the treatment of all skin types and skin tones. UltraClear is an ablative laser that addresses facial aging concerns such as fine line and deep wrinkling, hyperpigmentation/age spots, laxity, scarring and acne scarring, and sun damage. UltraClear creates microchannels triggering natural exfoliation and stimulating collagen.

### PRE-TREATMENT

- Arrive for treatment with clean skin. There should be no lotion, makeup, perfume, powder, hair spray, bath/shower oil present on the skin or hair in the area to be treated.
- If receiving a deeper treatment, please wear a top that can button or zip up to ease after treatment care.
- Stay hydrated for seven (7) days prior to treatment. Moisturize skin in the morning and evening, and drink plenty of water to hydrate skin and optimize treatment results.
- Avoid tanning the area to be treated or use complete sunblock (>SPF 30), applied 2-3 times a day for at least three weeks prior to treatment. Deeply tanned skin should be treated 4-6 weeks after active sun exposure.
- Avoid Spray Tan or Sunless Tanning Lotions on the areas to be treated for 3-4 weeks prior.
- Patients undergoing isotretinoin acne treatment (Accutane), a 6-month waiting period after discontinuation of medication is required.
- STOP any retinoids such as Tazorac, Retin-A, Renova, Differin, Veltin, Epiduo or Ziana for 5-7 days prior to treatment.
- Avoid waxing the areas to be treated for 7 days before and 4-6 weeks after.

### POST-TREATMENT

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- NO sunscreen on day 1, apply only day 2 as instructed by provider.
- NO alcohol, spicy or hot foods till day 2.
- NO exercise, defer activity till redness or swelling subside on at least day 3.
- NO sun or any environmental exposures like wind, extreme cold, ocean water.
- NO product use other than those recommended by or given to you by your provider.
- NO cosmetics unless you have a "new" brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 3 if comfortable.
- NO ice, (especially frozen peas or vegetables packets) directly on the skin.
- NO ice/ice baths for 72 hours, cold water is fine.
- NO cleansers or products with acids, PEG's, high alcohol content, botanicals, or a multiple ingredient menu. Vanicream or Cetaphil cleansers and moisturizers are recommended.
- NO RX or acid-based products until your practitioner has cleared you to use them. This could be anywhere from day 5 to 14 depending on the depth and degree of your treatment.
- NO picking, rubbing, scrubbing or exfoliating while skin is sloughing.
- NO RX medications (like retinols) or adjunct laser treatments until you are cleared by your treating provider. This could be up to 10-12 weeks.
- NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

#### DAY OF TREATMENT (Day 0)

- Immediately post treatment erythema and a sunburn like feeling is common. This can last up to several hours post treatment.
- Visible grid marks on the skin are common and may last for several days.
- Skin can be sensitive to elements such as heat, cold, wind.
- Patients should sleep in a modified upright position.

#### DAY 1

- Next day use a gentle cleanser and moisturizer; a simple moisturizer is recommended for heat, tightness, or itching (edema/erythema). Repeat as often as needed for comfort.
- Patients should sleep in a modified upright position along with a clean pillow case and linens the first night.

#### DAY 2-7

- Begin cleaning the treated areas with a gentle facial cleanser using nothing more abrasive than the fingertips. Do not scrub treated areas.
- Continue to apply moisturizer and SPF as instructed by your treatment provider.
- Patient should sleep in a modified upright position for the second or consecutive nights as needed.
- Vinegar soaks can be used for persistent discomfort: Mix 1 tsp of vinegar with 16 oz. of bottled or sterile water as often as needed for comfort. Remove moisturizer prior to vinegar soaks with cool moist cloth,
- post soak, reapply moisturizing lotion repeat as needed.
- If the patient is going to be outside and exposed to the sun, ensure a hat is worn along with daily SPF for full protection.