

PHOENIX
TATTOO REMOVAL
← →
SKIN REVITALIZATION

Alma ClearLift Non-Ablative FRACTIONAL

Precautions to take before your treatment:

- ☒ No sun exposure, tanning beds and sunless tanning creams, for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
 - No Antibiotics or/need to be off any antibiotics for at least 3 days.
 - Must be off Accutane at least 6 months
 - No Botox or Fillers of any kind for at least **14 days** prior to treatment.
 - No topical Retin-A or topical acne creams/ointments **3 days prior** to treatment.
 - Remove all makeup, creams, or oils prior to treatment.

Alma ClearLift Non-Ablative POST-TREATMENT GUIDELINES

- ☒ Application of cool gel packs and appropriate topical creams immediately following treatment can help alleviate posttreatment itchiness and stinging that may occur.
- ☒ Edema, and sometimes blanching, is expected immediately posttreatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients.
- ☒ Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- ☒ Following a more aggressive treatment, it may be helpful to use some occlusive ointment on the skin after treatment during the healing process to help minimize trans-epidermal water loss which may result in significant desquamation or crusting.
- ☒ To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5 – 15 minutes with gauze or wash cloth wet with water, then gently remove debris. Do not pick at or scrub the treated areas.
- ☒ Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that retinoids be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- ☒ Those prone to acne outbreaks should avoid heavy make up or moisturizers for 24 hours post treatment.
 - ☒ NOTE: After treating striae (stretch marks) with the ClearLift Laser Handpiece, it is recommended to avoid tight-fitting clothes around the treated areas for three (3) months after the last laser treatment.
 - ☒ As healing occurs, clients should avoid injury and sun exposure for at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with a sun blocker such as zinc oxide or titanium dioxide.
 - ☒ Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever they are outside.
 - ☒ Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.
 - ☒ Contact the treatment provider if there are any issues or concerns following the treatment.
 - ☒ A low risk of prolonged itching, redness, and blistering.

PHOENIX
TATTOO REMOVAL
← & →
SKIN REVITALIZATION

ClearLift Non-Ablative continued

- ☒ A risk of hyperpigmentation, hypopigmentation, burns, bruising, or blistering may occur, some of which may result in scarring. These complications usually are due to stacking pulses, or utilizing too many passes, at higher energy levels.
- ☒ Transient erythema (redness) or edema (swelling) immediately after treatment.
- ☒ Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This side effect is a desirable clinical end-point.
- ☒ Risk of infection following treatment, potentially resulting in side effects mentioned above.
- ☒ Acne breakouts.
- ☒ Post-Inflammatory Hyperpigmentation (PIH).
- ☒ Reduced social downtime.

Advise clients to call their treatment provider if any of the above occur.

Signature: _____ Date : _____

(Or legal guardian)

PHOENIX
TATTOO REMOVAL
← & →
SKIN REVITALIZATION

Alma ClearLift Non-Ablative FRACTIONAL

Precautions to take before your treatment:

- ☒ No sun exposure, tanning beds and sunless tanning creams, for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
 - No Antibiotics or/need to be off any antibiotics for at least 3 days.
 - Must be off Accutane at least 6 months
 - No Botox or Fillers of any kind for at least **14 days** prior to treatment.
 - No topical Retin-A or topical acne creams/ointments **3 days prior** to treatment.
 - Remove all makeup, creams, or oils prior to treatment.

Alma ClearLift Non-Ablative POST-TREATMENT GUIDELINES

- ☒ Application of cool gel packs and appropriate topical creams immediately following treatment can help alleviate posttreatment itchiness and stinging that may occur.
- ☒ Edema, and sometimes blanching, is expected immediately posttreatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients.
- ☒ Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- ☒ Following a more aggressive treatment, it may be helpful to use some occlusive ointment on the skin after treatment during the healing process to help minimize trans-epidermal water loss which may result in significant desquamation or crusting.
- ☒ To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5 – 15 minutes with gauze or wash cloth wet with water, then gently remove debris. Do not pick at or scrub the treated areas.
- ☒ Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that retinoids be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- ☒ Those prone to acne outbreaks should avoid heavy make up or moisturizers for 24 hours post treatment.
- ☒ NOTE: After treating striae (stretch marks) with the 1540 Laser Handpiece, it is recommended to avoid tight-fitting clothes around the treated areas for three (3) months after the last laser treatment.
- ☒ As healing occurs, clients should avoid injury and sun exposure for at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with a sun blocker such as zinc oxide or titanium dioxide.
- ☒ Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever they are outside.
- ☒ Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.
- ☒ Contact the treatment provider if there are any issues or concerns following the treatment.
- ☒ A low risk of prolonged itching, redness, and blistering.

PHOENIX
TATTOO REMOVAL
← ≡ Ⓞ ≡ →
SKIN REVITALIZATION

Non-Ablative FRACTIONAL continued

- ☒ A risk of hyperpigmentation, hypopigmentation, burns, bruising, or blistering may occur, some of which may result in scarring. These complications usually are due to stacking pulses, or utilizing too many passes, at higher energy levels.
- ☒ Transient erythema (redness) or edema (swelling) immediately after treatment.
- ☒ Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This side effect is a desirable clinical end-point.
- ☒ Risk of infection following treatment, potentially resulting in side effects mentioned above.
- ☒ Acne breakouts.
- ☒ Post-Inflammatory Hyperpigmentation (PIH).
- ☒ Reduced social downtime.

Advise clients to call their treatment provider if any of the above occur.

Please call or text Judi for any concerns you may have 480-313-4443

******Patient Copy******