



ALMA CLEARLIFT NON-ABLATIVE PRE/POST CARE

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 post treatment itchiness and stinging that may occur.
- Edema, and sometimes blanching, is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients.
- To help remove debris and bronzing of skin that can appear 1-4 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.
- 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.
- A low risk of prolonged itching, erythema (redness) and blistering (transient) or edema (swelling) immediately after treatment.
- A low risk of hyperpigmentation, hypopigmentation, burns, bruising, or blistering may occur, some of which may result in scarring.
- Low-risk infection following treatment, potentially resulting in side effects mentioned above.
- Reduced social downtime.
- Clients to call Angie if any of the above occur.

Signature: _____ Date: _____