

# AviClear

## Pre & Post Treatment Instructions



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### BEFORE YOUR TREATMENT

- Let your provider know if you have used Isotretinoin (Accutane) within the last 6 months.
- Avoid skin irritants for a minimum of 3 days before and after treatment (*Including products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*).
- Avoid prolonged sun exposure, tanning or self-tanners 4 weeks prior and during the entire treatment regimen (*including spray tans, tanning lotions, tanning beds, sun exposure, etc.*).
- Notify your provider of any changes to your health history or medication since your last visit.
- History of herpes or cold sores may require an antiviral prescription prior to treatment. Please let your provider know if you have a history of cold sores.
- Excess hair may need to be shaved. Men should be clean shaven prior to treatment.
- It is recommended you take 1,000mg Tylenol approximately 1 hour prior to your treatment.

### IMMEDIATELY AFTER YOUR TREATMENT

- A broad-spectrum (UVA/UVB) SPT 30+ sunblock will be applied. Avoid direct sun exposure.
- Cold compresses or chilled gel packs may be applied post-treatment for your comfort.
- If a blister develops, contact the office at 540-341-1900.

### POST TREATMENT

- Starting the morning after treatment, wash your face with a gentle cleanser and apply a gentle, oil-free moisturizer at least twice each day for 3 days. Then you may resume your regular skincare regimen.
- Makeup can be applied the day after treatment.
- Apply UVA/UVB 30+ SPF sunblock daily, starting the morning after treatment.
  - *Sunblock should be applied at least once at the beginning of the day; Reapply every 90 minutes if outside*
  - *Direct sun exposure should be minimized throughout the duration of the treatment regimen*
- Most patients will experience mild redness in the treatment area for at least one day post treatment.
- Some patients experience dryness and itching of the treatment area up to 4 weeks post treatment.
  - *Use a gentle, oil-free moisturizer to relieve dryness and itching*
- Roughly half of AviClear patients may experience a purge or flareup after one or all of their treatments.
  - *Skin condition may worsen before it improves as impurities are purged from pores*
  - *A flare or purge typically occurs a few days post treatment and can last for several weeks*
  - *Non-comedogenic makeup for acne-prone skin may be used*
- Avoid heat (hot tubs, saunas, etc.) for 3 days post treatment.
- Limit any exercise or activity that causes sweating for 24 hours post treatment.
- Avoid skin irritants 3 days after treatment (*including products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*).
- Avoid treatments that may irritate the skin 2 weeks after treatment (*Including waxing, depilatories, chemical peels, esthetic treatments, etc.*).
- Contact your Warrenton Dermatology provider at 540-341-1900 with any concerns, such as excessive swelling (with or without pustules), blistering, excessive or prolonged redness, etc.