



## **CLEAR + BRILLIANT/PREMEA POST-TREATMENT HOME-CARE INSTRUCTIONS**

- A. Cleanse hands well with soap and warm water or hand sanitizer before touching face while it is healing. To dry face, use fresh clean wash-cloth each time and pat dry, don't scrub.
- B. Wash your face daily with gentle cleanser. Mineral make-up, tinted sunscreen or other make-up may be applied the following day.
- C. For the first 1-3 days, the skin may or may not be very dry and feel tight. Some sand-papery texture is normal x 1 week on the face and up to 2 weeks on the neck. Frequent use of Renewal Calming Cream, Epidermal Repair, Triple Lipid Restore, Epiceram or other physical sunscreen is recommended.
- D. After 1 day, or as soon as it is comfortable to do so, you may return to regular skin care products.
- E. On day 1, start CE Ferulic/Phloretin CF Serum/or Phloretin CF gel to face each morning after cleansing. These are ideal for long-term use.
- F. Avoid alcohol based toners for 7 days.
- G. Avoid direct sun exposure for at least 10 days if possible.

### **Recovery Timeline**

Day1: The appearance and severity of pinkness will vary but pink to red is expected. Swelling may be present and is expected. This can make the lower face creases temporarily appear more prominent.

Day 2: A pink or red hue persists like moderate sunburn. Swelling may be more noticeable on the second day.

Day 3: Skin can be pink or normal color. Swelling subsides.

Use of Alastin Skin Nectar, Alastin Restorative Complex, TNS Recovery Complex or TNS Essential Serum and/or Alastin Skin Nectar twice daily (available for purchase at the front desk) supports collagen building beautifully. If you use or start these while recovering, start on day 2.

Please call our office if you have questions or concerns during this time: 818-889-2739.