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## Clear + Brilliant® AFTER TREATMENT CARE

### **Frequently Asked Questions About Clear + Brilliant®:**

#### **How does Clear + Brilliant® work?**

Clear + Brilliant® is a gentle laser that refreshes your skin from the inside out. It uses light energy to create millions of microscopic treatment zones on your skin, replacing damaged skin with healthy, younger looking skin.

#### **How many Clear + Brilliant® treatments are recommended for optimal results?**

Your skin, genetic make-up, lifestyle and personal history are unique. They all contribute to how your skin looks and feels. For most people, maximum results are realized after 4-6 treatment sessions with the Clear + Brilliant®, with treatment sessions spaced about 4 weeks apart. During your initial consultation, we will develop a treatment plan that works for you.

#### **What are the potential side effects of Clear + Brilliant®:**

The intensity and duration of your side effects depends upon the treatment aggressiveness and your individual healing characteristics. Clear + Brilliant® is considered a gentle laser and patients should expect mild redness and a “sandpaper” feeling or dryness of the skin for the first few days after treatment.

### **After Treatment Care of Your Skin**

- For the first few days after treatment, cleanse your skin using a gentle cleanser. Avoid scrubbing, rubbing, use of exfoliants, or use of electronic cleansing brushes (e.g. Clarisonic)
- Avoid excessive exercise, perspiration, swimming or exposing skin to heat and/or sun for 2 days after treatment.
- Avoid scrubs, toners, glycolic acid, and retinoids until the skin has healed completely from your treatment. Your skin will be sensitive after the treatment. Do not use products that will cause irritation during this time. Please see the recommended post treatment product list below. You can return to a normal skincare regimen once the skin has healed completely.
- It is very important that you use sunscreen to prevent sun damage to the skin. The sunscreen you use should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Ideally it would contain zinc or titanium dioxide as the main ingredients. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of

diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).

- If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact our office as soon as possible.

### **Recommended Skincare Regimen After Clear + Brilliant<sup>®</sup>**

For Clear + Brilliant Perm ea<sup>®</sup> treatments:

AM:

- Gentle cleanser
- C E Ferulic or Phloretin CF (start the morning after laser treatment)
- Phyto Corrective gel or Hydrating B5 Gel
- Triple Lipid Restore
- Elta MD sunscreen (Clear, Physical or Elements)

PM:

- Gentle cleanser
- Phyto Corrective gel or Hydrating B5 Gel
- Triple Lipid Restore

For Clear + Brilliant Original<sup>®</sup> treatments:

AM:

- Gentle Cleanser
- C E Ferulic or Phloretin CF (start the morning after laser treatment)
- Hydrating B5 Gel
- A.G.E. Interrupter
- Elta MD sunscreen (Clear, Physical or Elements)

PM:

- Gentle cleanser
- Hydrating B5 Gel
- A.G.E. Interrupter