



A future with less acne is here

PRE- AND POST-TREATMENT INSTRUCTIONS

Before your AviClear™ treatment

- Let your provider know if you have used **Isotretinoin (Accutane)** within the **last 6 months**.
- **Avoid skin irritants** (examples below) for 3-5 days before treatment.
 - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
- **No tanning or self-tanners** four weeks prior to treatment.
 - *Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.*
- Notify clinic with any changes to your **health history or medications since your last appointment**.
- History of herpes or cold sores **may require an antiviral prescription** prior to treatment.
- **Excess hair** may need to be **shaved**. Men should be cleanly shaved.

After your AviClear™ treatment

Immediately post-treatment, apply a broad-spectrum (UVA/UVB) SPF 30+ sunblock, which should be applied at least once daily.

Cold compresses or chilled gel packs may be applied post-treatment for your comfort.

If a blister develops, contact treatment provider.

Post-treatment instructions:

- Starting the morning after treatment, wash face with a gentle cleanser, followed by a gentle moisturizer every day twice a day for 7-10 days.
 - *Resume regular skincare regimen 7-10 days after treatment.*
- Makeup can be applied the day after treatment.

Start applying UVA/UVB 30+ SPF sunblock daily, starting the morning after treatment.

- *Sunblock should be applied at least once daily, reapplying every 90-minutes if outside.*
- *Direct sun exposure should be minimized throughout the duration of the treatment regimen.*
- Most patients will experience mild redness of the treatment area, lasting up to one day post-treatment.
- Some patients may experience swelling of the treatment area lasting for as little as one hour or up to two days post-treatment.
- Some patients experience dryness and itching of the treatment area up to four weeks post-treatment. Use a gentle moisturizer (e.g., CeraVe®, Cetaphil®).



- Roughly half of AviClear patients may experience post-inflammatory flareups after one or all of their treatments.
 - *Condition may worsen before it improves*
 - *Typically occurs seven or more days post-treatment*
 - *Can last a few weeks post-treatment*
 - *Non-comedogenic makeup for acne-prone skin is okay to cover*
- Avoid heat (hot tubs, saunas, etc.) for 1-2 days post-treatment.
- Limit any exercise or activity that can cause sweating for 24 hours post-treatment.
- Avoid skin irritants (examples below) 7-10 days after treatment:
 - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
 - *Avoid treatments that may irritate the skin for 1-2 weeks after treatment (waxing, depilatories, etc.)*

Contact us with any concerns such as blistering, excessive or prolonged redness/swelling, etc.

Additional instructions:

Clinic:

Contact at clinic:

Clinic phone number:
