

# Your Post Care Instructions

## Clear + Brilliant

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner.

If you have any concerns or questions please call us on 0333 242 8528.

Best effects are seen when several treatments are performed, as advised by your treating practitioner.

### Protecting New Skin:

Wear a high factor sunscreen after treatment. Sun exposure both before and during the treatment programme can increase the risk of unwanted pigmentation. After treatment the skin is more sensitive to the sun, which can increase the risk of unwanted pigmentation and sunburn. Posttreatment you should plan to use a high SPF sunscreen on a regular basis, whenever outside. Ideally, a dual UVA/UVB sunscreen should be applied containing both a physical sun block (either or both zinc oxide or titanium dioxide) with a sun protection factor of 30 or above. Applying sunscreen helps maintain good results. In general, it is recommended that direct sunlight is avoided and to wear sun-protective clothing (ie a wide brimmed hat) when possible.

### Routine Skin Care:

Most skin care products can be used the day after treatment. Avoid the use of retinoids and topical corticosteroids for 1-2 weeks both before and after treatment. Avoid systemic steroids (eg. prednisolone, dexamethasone) throughout the course of the Clear + Brilliant treatment. When the skin is rough and dry like 'sandpaper', it can be gently rubbed away with a moisturiser.

### You Must Avoid:

- Facials: whilst following a course of Clear + Brilliant treatments you should avoid facials. After the final Clear + Brilliant treatment, we recommend that you should wait at least 2 weeks before a facial
- Swimming: whilst following a course of Clear + Brilliant treatments we would recommend that you do not swim and wait at least 2 weeks following the last treatment before swimming.
- Exercise: avoid exercise for a minimum of 48 hours post each Clear + Brilliant treatment.
- Heat Treatments (including steam rooms & saunas & Jacuzzis): avoid use of these type of treatments for a minimum of 5 days but ideally for 2 weeks.

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The below products are recommended by The Cosmetic Skin Clinic to enhance your results, support skin health, and reduce the risk of complications. If the advice given by your practitioner differs from the information below, please follow your practitioner's guidance.

- Obagi Sun Shield SPF 50
- Obagi Professional Vitamin C Serum 15% / 20%
- ZO Hydrating Crème

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.