



AVICLEAR PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT

- Let your AviClear provider know if you have used Isotretinoin (Accutane) within the last 6 months.
- Avoid skin irritants for a few days before treatment. This includes products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Avoid prolonged tanning or self-tanners prior to and during the treatment regimen. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Notify your AviClear provider with any changes to your health history or medications since your last appointment.
- A history of herpes or cold sores may require an antiviral prescription prior to treatment. Please let your AviClear provider know if you have a history of cold sores.
- Excess hair may need to be shaved.
- Men should be cleanly shaved.

IMMEDIATELY AFTER 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 your AviClear provider.

POST-TREATMENT INSTRUCTIONS

- Starting the morning after treatment, wash you face with a gentle cleanser, followed by a gentle moisturizer every day twice a day for a few days.
- Resume regular skincare regimen a few 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 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 their treatments.
 - Condition may worsen before it improves
 - Typically occurs a few 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 a few days after treatment. This includes 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, such as waxing, depilatories, etc.
- Contact your AviClear provider with any concerns such as swelling with or without pustules, blistering, excessive or prolonged redness/swelling, etc.

SKINCARE TIPS FOR ACNE PRONE SKIN

- Remember to wash your face every morning and night and after working out/sweating.
- Benzoyl peroxide or a retinoid product (starting a few days after treatment) can prevent clogged pores.
- Every morning and evening, apply non-comedogenic moisturizer to prevent rebound oiliness.
- Use UVA/UVB 30+ SPF sunblock DAILY.
- Shampoo your hair regularly if it's long or touches your face/back.
- Stick to your treatment regimen, trying too many new acne treatments can irritate your skin.
- Don't touch or pick your face.
- Wash makeup brushes, pillowcases, sheets, etc. regularly.

WHEN WILL I SEE RESULTS

In Cutera's clinical studies, most AviClear patients showed improvement 3 months after their 3rd AviClear treatment with some patients seeing improvement 6 months after their 3rd treatment. While the results can vary, improvement can continue through 6 months after the 3rd treatment, meaning there might be a delayed response in some patients. However, like any other medical treatment, results cannot be guaranteed.

Contact Mon Ami Spa at 601-790-9821 with any questions or concerns. Thank you!