



## THERMOCLEAR TREATMENT

### Pre- treatment

- Avoid sun exposure at least 2 weeks prior to treatment.
- Reschedule your appointment if you have any active infections.
- On your appointment day, do not apply any lotion or cream to treatment area (except sunscreen to face).
- Retinol products should be avoided for one week before your treatment.

### Post- treatment

- Do not apply anything to the treated area the day of your treatment.
- You may shower in lukewarm water the day of treatment. Pat dry and do not rub.
- After 24 hours, you may wash with a gentle cleanser.
- Wear sunscreen to treated area throughout the course of your treatment.
- Avoid sun exposure for at least two weeks.
- You may take Tylenol as needed for discomfort or apply ice.
- Makeup can be resumed in 24 hours.
- Treated areas may turn darker (brown to black) within 24-48 hours
  - Do not pick treated areas
  - Treated area may exfoliate off the face in approximately 1 week
  - Treated area may exfoliate off the body in approximately 2-3 weeks
- Prescription skin care is recommended for optimal results.
- Avoid other treatments to the same area for 2 weeks or until fully healed.
- You may be instructed to apply Caladryl or Aquaphor to the treated area.

### What to expect

- A slight stinging sensation can be felt, variable in intensity depending on the area being treated
- Temporary skin redness may appear. This should disappear within hours.
- Occasionally though rarely, blisters may appear. Although these should crust and disappear within 2 weeks, they could lead to permanent discoloration or scarring.
- Sunscreen (factor 40 and higher) should be applied at all times and direct sunlight contact should be avoided.
- Improvement will be gradual and may take up to 6 weeks.
- Several treatments may be necessary to achieve optimal results.
- Treatments are provided at regular intervals, typically every four to six weeks.
- The clinical result, as well as the optimal number of treatments, varies from one individual to another.