



### ClearSilk Laser: Pre & Post Treatment Instructions

#### Pre-Treatment Care:

To ensure optimal results and minimize the risk of complications, please follow these guidelines before your ClearSilk Laser treatment:

- **Sun Exposure:** Avoid direct sun exposure, tanning beds, and self-tanning products for at least 2 weeks prior to your appointment. Sunburned or tanned skin can increase the risk of side effects and reduce the effectiveness of the laser treatment.
- **Topical Products:** Discontinue the use of products containing retinol, hydroquinone, or other harsh exfoliants (e.g., alpha hydroxy acids or glycolic acids) for at least 3 days before your treatment. These ingredients can increase skin sensitivity and may lead to irritation when exposed to the laser.
- **Shaving or Dermaplaning:** Please shave or dermaplane the treatment area the day before or the morning of your appointment. This ensures a smooth treatment surface and allows the laser to target the skin more effectively, without interference from surface hair.
- **Clean Skin:** Arrive at your appointment with **clean, makeup-free skin**. Avoid applying lotions, creams, deodorants, or oils to the treatment area on the day of your session.
- **Avoid Waxing or Plucking:** Refrain from waxing, tweezing, or using depilatory creams for at least 1 week prior to your treatment.
- **Medications & Topical Treatments:** If you are using any topical medications or undergoing treatments for conditions like acne, rosacea, or hyperpigmentation, please notify our office prior to your appointment to discuss whether adjustments are necessary.

#### Post-Treatment Care:

After your ClearSilk Laser treatment, proper aftercare is essential to ensure your skin heals optimally and you achieve the best possible results.

- **Sun Protection:** Avoid direct sun exposure for at least 2 weeks post-treatment. Always apply a broad-spectrum sunscreen with an SPF of 30 or higher on the treated area whenever you are exposed to the sun. This is crucial to prevent pigmentation changes or skin damage.
- **Avoid Heat & Irritants:** For 24-48 hours after your treatment, avoid hot tubs, saunas, steam rooms, and intense physical activity that could cause excessive sweating. Also, refrain from using harsh skincare products such as exfoliants, retinoids, or products with alcohol, which may irritate the skin.
- **Moisturize:** Keep the treated area hydrated using a gentle, fragrance-free moisturizer. This will help soothe any mild dryness or redness that may occur.
- **Redness & Swelling:** Mild redness, swelling, or sensitivity may occur immediately after the treatment. This is normal and should resolve within a few hours to a couple of days. If symptoms persist or worsen, please contact our office.
- **Avoid Scratching or Picking:** Do not scratch, pick, or rub the treated area. If you experience any scabbing or peeling, let it resolve naturally. Picking can lead to scarring or pigmentation issues.
- **Makeup:** Makeup may be applied after the treatment if desired, but it is optional. If you choose to wear makeup, ensure that you use non-comedogenic, gentle products to avoid irritation.
- **Hair Shedding:** It is common to experience hair shedding in the treated area over the next 1-2 weeks. This is a natural part of the treatment process as the laser works to destroy the hair follicle. Do not tweeze, pluck, or wax the area during this time. Shaving is fine, if needed.

#### Additional Information:

- **Multiple Sessions:** For optimal results, multiple ClearSilk Laser sessions are recommended. The typical treatment schedule is 4-6 weeks apart, as hair grows in different phases, and the laser is most effective during the active growth phase.
- **Results:** Results may vary. Most patients experience noticeable improvement after a series of treatments.

If you have any questions or concerns prior to or after your treatment, please do not hesitate to contact our office. We are here to ensure you have a safe and effective experience.