



Sciton ClearV Laser Treatment: Pre- and Post-Care Instructions

What is the Sciton ClearV?

The Sciton ClearV is a cutting-edge laser treatment designed to target vascular conditions like spider veins, rosacea, and redness in the skin. It uses advanced technology to selectively target and treat blood vessels beneath the skin, reducing redness, pigmentation, and improving overall skin tone. The ClearV treatment is non-invasive, effective, and requires minimal downtime.

Pre-Treatment Instructions

Proper preparation before your Sciton ClearV procedure helps ensure the best possible results and minimizes potential side effects.

Medications to Start:

- **Valtrex 1000mg:** Begin **2 days before** your procedure and continue for **2 days after** treatment to prevent herpes simplex outbreaks, especially if you are prone to cold sores.
- **Pain Relief:** You can take **Tylenol (Acetaminophen)** for mild discomfort prior to the procedure. Avoid taking **Aspirin, Ibuprofen, or Naproxen** for at least **1 week before** the treatment as they may increase the risk of bruising.

Skin Care and Lifestyle:

1. **Avoid Sun Exposure:** Avoid **direct sun exposure** for at least **2 weeks** before your treatment. Sunburned skin may increase the risk of side effects. Use a **high-SPF sunscreen (30+)** daily to protect your skin, even when indoors.
2. **No Tanning or Self-Tanning:** Discontinue the use of **self-tanning products** or any artificial tanning methods for **at least 2 weeks** prior to treatment.
3. **Stop Exfoliating Products:** Stop using any exfoliating products (e.g., **retinols, glycolic acid**) or harsh chemical peels for **5-7 days** prior to the treatment to prevent skin irritation.
4. **Hydrate:** Ensure your skin is well-hydrated by drinking plenty of water in the days leading up to the procedure. Apply a **hydrating moisturizer** daily to keep your skin nourished.
5. **Avoid Blood-Thinning Supplements:** Avoid **fish oil, garlic supplements, Vitamin E, Ginkgo Biloba**, and other blood-thinning supplements for **1 week** before treatment.
6. **No Alcohol:** Refrain from alcohol consumption for **2 days before** and **2 days after** the procedure to avoid excessive bruising and support the healing process.
7. **Schedule with Care:** If you have an upcoming event (e.g., vacation, wedding), schedule your procedure **at least 3-4 weeks** in advance to allow ample time for recovery.

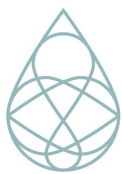
Other Considerations:

- **Transportation:** If you're taking any sedative medications, please arrange for a driver to take you home after the procedure.
 - **Clothing:** Wear **comfortable, loose clothing** with a button-down shirt or open collar to avoid irritation during treatment.
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Day of Treatment: What to Expect

- **Sensation:** During the treatment, you may feel a mild sensation of warmth or a light pinching. The procedure is typically well-tolerated, and numbing cream is not usually required.
 - **Duration:** The procedure typically takes between **15 to 45 minutes** depending on the area being treated.
 - **Post-Treatment:** You may experience mild redness and swelling, which usually resolves within **1-2 hours**. Some slight bruising may occur, but this should fade over a few days.
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Post-Treatment Instructions



1. **Avoid Sun Exposure:**
 - For the first **2 weeks** post-treatment, avoid direct sun exposure.
 - **Sunscreen (SPF 30 or higher)** is essential for the next several months to prevent sun damage and to protect the treated area.
2. **Post-Treatment Redness & Swelling:**
 - Mild redness, swelling, and warmth in the treated area are common. These effects typically resolve within **1-2 hours**, but may last **up to 24 hours**.
 - You may apply **cool compresses** to reduce swelling during the first **24 hours**.
3. **Bruising:**
 - Some bruising is normal after the treatment and can last anywhere from **1 to 2 weeks**. Bruising typically fades on its own over time.
 - **Avoid aspirin or blood-thinning medications** that may exacerbate bruising.
4. **Avoid Intense Heat:**
 - Avoid hot showers, saunas, or strenuous exercise for **24-48 hours** after treatment, as heat may increase swelling or discomfort.
5. **Skin Care Products:**
 - For **7 days** following the treatment, avoid harsh skincare products such as **exfoliants** and **retinoids**.
 - Use gentle, **hydrating moisturizers** to keep the skin nourished and assist the healing process.
6. **Makeup:**
 - You may apply makeup **24 hours after treatment**, provided the skin is not irritated or broken. Use **gentle, non-comedogenic** makeup.
7. **Avoid Scratching or Rubbing:**
 - Do not rub, scratch, or pick at the treated area, as this can cause irritation, hyperpigmentation, or scarring.
8. **Hydrate:**
 - Continue to drink plenty of water to keep your skin hydrated and support your healing process.
9. **Results:**
 - Results may be visible after the first treatment, but multiple treatments are often necessary for optimal results, especially for conditions like rosacea or larger vascular lesions.
 - The full effects will continue to improve over **4-6 weeks** as your skin heals.

When to Contact Your Provider

- **Severe swelling, blistering, or pain** that doesn't subside with over-the-counter pain relief.
- **Signs of infection** such as increasing redness, warmth, or pus.
- If you notice any **persistent, unusual side effects**, please contact your provider immediately.

What to Expect: Long-Term Results

- **Immediate Results:** You may notice some improvement immediately following treatment, but optimal results typically develop **over the next 4-6 weeks**.
- **Multiple Treatments:** Depending on the severity of the condition being treated, multiple treatments may be necessary for optimal results. Sessions are usually spaced **4-6 weeks apart**.
- **Long-Term Care:** Continuing to avoid sun exposure and using sunscreen daily will help maintain your results. A healthy skincare regimen can enhance the effects of the treatment.

Remember: Each person's skin is different, and results will vary. It's important to follow your provider's specific instructions to get the best outcome from your Sciton ClearV treatment.