



## GREENWICH POINT DERMATOLOGY

### CLEAR + BRILLIANT

#### PRE-TREATMENT INSTRUCTIONS

- Stop any topical retinoids 2 weeks prior to your treatment unless otherwise advised by Dr. Dolder.
- Avoid applying makeup the day of treatment.
- If you have a history of cold sores, please let us know.
- Caution is advised to persons with a history of herpes simplex in the treatment area. Those who carry the herpes simplex virus and receive laser treatment on their upper lip, chin, or lower cheeks may have a “flare-up” of their condition. The risk of this complication can be reduced if you take a prescribed antiviral medication in the office on the day of your treatment, which Dr. Dolder will provide to you. If you have an active herpes outbreak, your appointment will have to be rescheduled.

#### POST-TREATMENT INSTRUCTIONS

- Expect mild redness lasting hours to a few days, followed by a “fine sandpaper” texture for 5-7 days.
- Maximize your treatment results with the recommended post-treatment skincare products:
  - Alastin Skin Nectar
  - ISDIN Flavo-C Ultraglycans ampoules
- Wash once a day with a gentle cleanser and liberally apply a nourishing moisturizer throughout the day to prevent any dryness
  - Neocutis Biocream
- Do not rub the skin vigorously and do not pick at the flaking skin to avoid scarring.
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily
  - Neocutis Journee
  - Elta MD
- Avoid laser treatments, waxing, the use of depilatories, or microdermabrasion for 3 weeks.
- Wait one week before resuming the use of a topical retinoid or any other exfoliating agents such as a Clarisonic Brush.
- Avoid swimming, sauna, or whirlpool use for at least a week after the treatment.

If you have any questions or concerns, please call our office at 203.764.2230.