

Discharge Instructions: Clear + Brilliant

Thank you for allowing us to treat you at Self Care LA!
We're excited to take this Clear + Brilliant journey with you.

Some things to remember:

- You may experience heat sensation immediately after treatment – this is normal and will resolve within a few hours
- Your skin may appear bronzed, feel dry, peel or flake, in rare instances dark spots may appear
- This is the treated tissue working its way out of the body as new skin is regenerated
- Redness and swelling is common and will resolve in 4-6 hours
- The next day there may be some pinkness to the skin – you can use makeup for this

Post-Treatment Care:

- Apply cold compresses 15 minutes every hour on the day of treatment
- You can use moisturizer creams (i.e Cerave) 24 hours after treatment
- Avoid sun exposure:
- Please wear sunscreen SPF 30 or higher, this will provide much needed UVA/UVB protection.
- Wear a hat or protective clothing
- This will help avoid hyperpigmentation and optimize your results
- Avoid any products NOT designed to penetrate the skin
- Scrubs, toners, glycolic acid and tretinoin
- Do not exercise or swim for at least 24 hours after treatment

Clear + Brilliant has excellent value as a single treatment but works wonders in a series, our recommendation is to get treated monthly for at least 4 months, then switch to quarterly, then semiannual maintenance. Additionally, Clear + Brilliant has wonderful synergistic effects along with microneedling using MicroPen EVO and following up with SkinCeuticals skin care products.

If you have any questions or concerns about your treatment, you can always get In touch with us.

Email: hello@selfcarela.com

Phone: 323 337 3445

