



## CLEAR DERMATOLOGY

### V Beam TREATMENT

#### BEFORE TREATMENT

- If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication
- No Accutane 6 months prior to treatment

#### AFTER TREATMENT

- You may have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, bruising and/or swelling is normal and may last a several days.
- Cold compresses can be used for comfort if needed. Hydrocortisone (steroid) cream may decrease any itching or skin irritation.
- Your skin will be fragile for 2-3 days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- If you have any bruising, it can be covered with makeup. Dermablend (dermablend.com) is a great option for covering bruising.
- It is important to avoid sun exposure between treatments. Use a broad spectrum (UVA/UVB) sunblock SPF 30 or greater at all times. It should be reapplied every 2 hours if outside. A hat is also strongly recommended.
- Crusting of the skin can form. Do not pick or rub lesions.
- Avoid irritants such as Retin-A, Retinol, Renova, Differin, Tazorac, glycolics, bleaching creams and exfoliants for 1 week.
- Avoid chemical peels, facials, and microdermabrasion for 1 week.

#### FOLLOW UP TREATMENTS

- Follow up treatments should be scheduled every 4-6 weeks.
- Consistent treatments will produce the best results. Many conditions require a series of treatments to obtain optimal results.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. We are happy to speak with you any time (310) 540-5272.