

# A future with less acne is here



## AviClear Pre and Post Treatment Instructions

### Before your AviClear™ treatment

- Let your AviClear provider know if you have **used Isotretinoin (Accutane) within the last 6 months.**
- **Avoid skin irritants** (examples below) for a few days before treatment.
  - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
- **Avoid prolonged tanning or self-tanners** prior to and during the treatment regimen.
  - *Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.*
- Notify your AviClear provider with any changes to your **health history or medications since your last appointment.**
- History of herpes or cold sores **may require an antiviral prescription** prior to treatment. Please let your AviClear provider know if you have a history of cold sores.
- **Excess hair** may need to be **shaved.** Men should be cleanly shaved.

### Immediately after your AviClear™ treatment

- Immediately post-treatment, **apply a broad- spectrum (UVA/UVB) SPF 30+ sunblock**, which should be applied at least once daily.
- **Cold compresses or chilled gel packs** may be applied post-treatment for your comfort.
- If a blister develops, **contact your AviClear provider nurse.**

### Post-treatment instructions

- Starting the morning after treatment, **wash you face with a gentle cleanser**, followed by a **gentle moisturizer** every day twice a day for a few days.
  - *Resume regular skincare regimen a few days after treatment.*
- **Makeup** can be applied the **day after treatment.**
- Start applying **UVA/UVB 30+ SPF sunblock DAILY**, starting the morning after treatment.
  - *Sunblock should be applied at least once daily, reapplying every 90-minutes if outside.*
  - *Direct sun exposure should be minimized throughout the duration of the treatment regimen.*
- Most patients will experience **mild redness** of the treatment area, lasting up to one day post-treatment.
- Some patients experience **dryness and itching** of the treatment area up to four weeks post-treatment.
  - *Use a gentle moisturizer (e.g., CeraVe®, Cetaphil®).*



- Roughly half of AviClear patients may experience **post-inflammatory flareups** after one or all their treatments.
  - *Condition may worsen before it improves.*
  - *Typically occurs a few days post-treatment.*
  - *Typically last a few weeks post-treatment but can last up to several months after treatment.*
  - *Non-comedogenic makeup for acne-prone skin is okay to cover.*
  - *Over the counter benzol peroxide and/or topical retinoids can help minimize breakouts.*
- **Avoid heat** (hot tubs, saunas, etc.) for **1-2 days** post-treatment.
- **Limit any exercise** or activity that can cause sweating for **24 hours** post-treatment.
- **Avoid skin irritants** (examples below) **a few days** after treatment:
  - *Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.*
- **Avoid treatments** that may **irritate the skin** for **1-2 weeks** after treatment:
  - *Waxing, depilatories, etc.*
- **Contact your AviClear provider** with any concerns such as swelling with or without pustules, blistering, excessive or prolonged redness/swelling, etc.

## Skincare Tips for People with Acne\*

- Remember to **wash your face** every morning and night and after working out/sweating.
- **Benzoyl peroxide** or a **retinoid** product (starting a few days after treatment) can prevent clogged pores.
- Every morning and evening, apply **non-comedogenic moisturizer** to prevent rebound oiliness.
- Use **UVA/UVB sunblock** daily.
- **Shampoo your hair** regularly if it's long or touches your face/back.
- **Stick to your treatment regimen**, trying too many new acne treatments can irritate your skin.
- **Don't touch or pick** your face.
- **Wash makeup brushes, pillowcases, sheets**, etc. regularly.

## When Will I See Results?

*In Cutera's clinical studies, most AviClear patients showed improvement 3 months after their 3rd AviClear treatment with some patients seeing improvement 6 months after their 3rd treatment. While the results can vary, improvement can continue through 6 months after the 3rd treatment, meaning there might be a delayed response in some patients. However, like any other medical treatment, results cannot be guaranteed.*

## Contact Information

AviClear Provider Name: \_\_\_\_\_

Contact at Clinic: \_\_\_\_\_

Phone Number: \_\_\_\_\_