

Post Theraclear Treatment Instructions

You may apply 1% hydrocortisone over the counter as needed for inflammation. You may take Ibuprofen (Advil) or naproxen (Aleve) if necessary, only after treatment is complete. Avoid foods that are high in sodium for a few days as this can increase swelling.

The treated area may be red and swollen for 2 to 24 hours or longer. Cooling the area after the treatment (for example, ice packs, topical gels) may help reduce discomfort and swelling.

Common side effects include temporary redness (erythema) or mild "sunburn"-like effect that may last a few hours to 3-4 days or longer. Other potential side effects include, but are not limited to, crusting, irritation, itching, pain, burns, scabbing, swelling (edema), broken capillaries (bruising), bronzing, and acne or herpetic breakouts. There also is a risk of resulting unsatisfactory appearance and failure to achieve the desired result.

Pigment changes, including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin), lasting one to six (1-6) months or longer or permanently may occur. Freckles may temporarily or permanently disappear in treated areas.

Serious complications are rare but possible, such as, scarring, blood clots, skin loss, hypertrophy, atrophy, hematomas (collection of blood under the skin), and allergic reaction to medications or materials used during the procedure.

When bathing or showering, clean the areas very gently with a mild cleanser and cool water. Avoid excessive scrubbing or exfoliants.

Discontinue topical Retin A, Renova, Differin, Tazorac, and any product containing retinol 1 to 3 days before treatment.

Avoid waxing, electrolysis, depilatory creams, laser hair removal and chemical peel in treatment areas 1 week before and after Theraclear treatment. All peeling and redness should be subsided by the day of treatment.

Take anti viral medication (Valtrex, Acyclovir) as prescribed, if there is a known history of fever blisters in the treated area, as laser / IPL and heat can reactivate the herpes virus.

Procedures, including Fractional 1540, cosmetic fillers, and botox may be performed 2 weeks before and 2 weeks after Theraclear.

Apply a sunscreen with UVA and UVB protection of SPF 30 or greater daily to sun-exposed skin. When sun exposure is unavoidable, reapply sunscreen every 2 to 3 hours.

You must avoid the sun, tanning beds, and sunless tanning lotions and use sunblock (SPF 50 recommended) after treatment.

Repeat treatments need to be every 7-14 days and at least 4-6 treatments need to be done for optimal results.

Follow up treatments may need to be done every 2-6 months for maintenance.

Call Carolina Aesthetics at 864-233-8088 immediately if a blister occurs. Keep unpetroleum jelly, Aquaphor, or Vaseline on the area until the blister subsides.



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