



CLEAR + BRILLIANT LASER SKIN REJUVENATION AFTERCARE AND CONSENT FORM

Procedural Description

The Clear + Brilliant laser is a great skin “pre-juvenation” treatment that caters to those who are looking to address early signs of aging and achieve a brighter complexion, even skin tone and texture, and a youthful glow. Think of it as “Resurfacing Lite.” It does not penetrate as deep as Fraxel/Halo/CO2, but it’s faster, and more comfortable, with virtually no downtime. Compared to other lasers, Clear + Brilliant resurfaces a small percentage of your skin at a time, leaving the rest intact. It’s often referred to as a “baby” or “mini” Fraxel treatment for this reason. Clear + Brilliant is a “colorblind laser,” which means all skin tones can benefit from this treatment, including Caucasian, Asian skin, Hispanic skin, and African American skin. Designed with everyone in mind it treats all skin types, ages, and any time of the year.

Clear + Brilliant utilizes fractional laser energy to create thousands of microscopic injuries to the skin which triggers the skin’s natural healing process, skin cell turnover, and the production of collagen (the protein in the skin that provides structure, firmness, and youthfulness). This method allows the superficial skin cells containing sun spots and age spots to exfoliate, making way for new, healthy skin cells with an even skin tone and texture.

With each Clear + Brilliant laser treatment, visible signs of aging are diminished, such as fine lines and dark spots. Typically, around six treatments are needed to achieve the best results, though many people incorporate Clear + Brilliant laser treatments as a part of their regular skin care treatment regimen.

Before Your Treatment

- Do not use exfoliating products 3 days prior to the treatment such as retinol, salicylic acid, AHAs (Alpha-hydroxy acids), and benzoyl peroxide.
- Avoid excessive sun exposure for at least 7 days prior to your treatment, as sun-damaged skin is more sensitive to the laser and can lead to adverse effects. Apply sunscreen with SPF 40 or greater liberally to the entire face, neck, and chest if you will be outdoors in the 7 days prior to your treatment. Use sun protection (hats, clothing) in addition to sunscreen.
- Inform your provider if you have or have had cold sores or herpes simplex outbreaks in the past. The treatment can temporarily flare the virus and your provider will supply a medication to prevent any outbreaks. You will start taking this medication the day before the treatment.
- Inform your provider if you have used Accutane in the past 12 months.

What to Expect During Treatment

- **Day 1:** Skin will be pink and flushed after treatment, depending on the intensity of the treatment flushing should only last 2-4 hours. Possibly up to 6 hours for more sensitive skin types. You will feel a mild burning sensation immediately post-laser that will last 30-45 mins. The use of clean compresses or ice packs helps alleviate the heat sensation. Do not apply makeup for at least 24 hours. Preferably 3-4 days.

- **Day 2:** Dryness may be more noticeable on the second day and is a part of normal healing. Apply moisturizing botanical healing serums that can have natural antiseptic properties like hyaluronic, SkinCeuticals Phyto-Corrective Gel, Phyto C O-Live Gel, and botanical oils as often and as much as needed. A Post Treatment sheet mask is recommended for 15-20 mins the day after treatment to help with healing.
- **Day 3-5:** The skin can feel dry and have a “sandpapery” texture-like feeling. A slight outbreak of acne or milia is possible. Staying as hydrated as possible usually helps minimize any potential breakouts. Light peeling occurs during these days but is pin-point scabs that are barely visible to the naked eye.
- **Day 5:** If not too dry, you can lightly and sparingly incorporate a toner with AHAs/BHAs to help minimize breakouts. After all the peeling is finished, the skin starts feeling smooth and starts to brighten up.

Post-Treatment Instructions

- All of your skin care products should be non-irritating and non-clogging for the first week or so after Clear + Brilliant. Do not use products that will cause irritation during this time.
- **Do not** use a scrub, washcloth, or a Clarisonic brush. Cleanse areas treated twice daily. **Do not** use exfoliating products such as retinol, glycolic acid, salicylic acid, AHAs (Alpha-hydroxy acids), and Benzoyl Peroxide for 7-10 days.
- Clean, cold compresses may be applied following treatment for comfort. If neck or décolletage is treated, the redness might last slightly longer, possibly up to 12-24 hours.
- Phyto-C O-live Gel and hyaluronic serums are great additions for healing relief and are recommended for purchase. Post-procedure healing creams such as Anfisa Hydra balm are also available for purchase.
- Moisturize. Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you should use should be non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Reapply whenever your skin feels dry.
- Medical-grade Vitamin C serums pair very well with the Clear and Brilliant laser in helping to achieve maximum results. Speak with your provider about finding the right vitamin C product for you.
- **SUNSCREEN!** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 40 or more. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Practicing diligent sunscreen use may lower the risk of laser-induced hyperpigmentation. Strictly avoid any sun exposure to the treated area for a minimum of 7-14 days after the procedure.
- Resume your normal skin care regimen when your skin is fully healed.
- Do not exercise for 12 hours after treatment.
- Avoid saunas, steam rooms, hot baths, or showers until redness is gone as they can be excessively drying to the skin.
- Avoid waxing, facials, peels, lasers, and any other abrasive treatments until two weeks after treatment.
- Make sure you are drinking at least 6-8, 8 oz. glasses of water a day as your body needs internal nourishment for new cell regeneration.
- Cold Sores. If you have a history of cold sores, please inform your provider so we can see about Rx care.
- Abnormal Healing. If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion,) or any other problems, or if you feel you are having an adverse event, please contact Honey Skincare Studio immediately (703) 589-9665.

Clear + Brilliant Consent Form

The nature of the Clear + Brilliant procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of laser resurfacing can have pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the Clear + Brilliant procedure:

Discomfort:

Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary but may persist for a few days.

Redness and swelling:

Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects (erythema) and redness typically resolve within several hours. Edema (swelling) of the skin may occur and can be minimized by keeping the area elevated & using cool compresses. Typically resolves within a couple of hours to a day; however, both can last for several days.

Blisters:

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If blisterings do develop, care should be taken not to disturb or unroofed, blistering should be evaluated by the treated provider.

Transient acne flare-ups:

Whiteheads & pimples can pop up after the treatment as purging can sometimes happen but can be easily controlled by homecare products, consult with your provider on how to manage purging.

Temporary skin dryness:

Temporary mild skin dryness is common after the treatment. Itching sensations often occur if the skin dries or as the old skin is shed and the new skin is being formed. If skin dryness occurs, it is normally noticed 3-5 days after treatment and typically resolves within a week. Make sure to hydrate and nourish properly.

Pigment changes:

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) can occur either following blistering or crusting or as a result of inflammation during the recovery period. PIH occurs as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker-colored skin, after sun exposure to the treatment area, or with patients who already have a tan. To reduce the risk of PIH, the treated area must be protected from exposure to the sun (sunscreen for 2 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels.

Scabs:

No picking of any micro-scabbing.

Scarring:

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

Hypopigmentation:

Lightening or loss of skin pigmentation is very rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

Infection:

Infection is possible but not common after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a past history of cold sores and individuals with no known history. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

Allergic Reactions:

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Laser Treatment of the Skin: allergic reactions, swelling, itching, infection / cold sores, color/texture change, visible skin laser patterns, bleeding, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures.
- I understand that compliance with pre and post-care instructions is crucial for the success of my laser treatment and to prevent unnecessary side effects or complications.
- During the healing phase, sun exposure can cause darkening of the treated area(s) called post-inflammatory hyperpigmentation, therefore, sun avoidance must be followed. Failure to follow instructions may increase risks. Additional risks include unknown rare risks and the need for additional treatments or surgery. Follow all laser care instructions to minimize the risk of having adverse effects. Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained. AVOID SUN EXPOSURE FOR THE NEXT 8 WEEKS.
- I understand that there are many variable conditions that influence the long-term results of laser skin treatments. The practice of medicine and surgery and the subsequent use of lasers is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, skin care regimen, and other procedures aid in results.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age:

By signing below, I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
