

# lachele

AESTHETICS & WELLNESS

## AviClear Post Treatment Instructions

- **Immediately** post treatment, apply an **Elta MD Sunscreen**, sold in our office. This should be reapplied every 90 minutes. Direct sun exposure should be minimized for the duration of the treatment plan. SPF should be used daily following treatment, all year round.
- **Applying ice during the first 24 hours** can help relieve discomfort. Always use a protective barrier between your skin and the cold source to prevent cold injury. Apply ice for 10–15 minutes per hour.
- Starting the morning after treatment, wash your face with a *gentle* cleanser, followed by a *gentle* moisturizer every day, twice per day, for three days post treatment. Use our recommended **SkinMedica Facial Cleanser** and **La Chelè Moisture 150**. Regular skincare may be resumed no sooner than 3 days post treatment.
- Makeup may be applied 24-hours post treatment.
- Mild redness can be expected post treatment, lasting up to 24-hours.
- You may experience dryness and itching for up to four weeks following your treatment. After day 3, you may want to consider adding **Alastin HA Immerse**, or a thicker moisturizer, both sold in our offices.
- Post inflammatory flareups are common after one or all treatments in the series.
- Conditions may worsen before they improve.
- This will typically occur a few days post treatment, but may last up to several months after treatment.
- Non-comedogenic makeup for acne-prone skin may be used. **Tinted Elta MD** or **ColorScience** products sold in our offices are recommended.
- **La Chele 5% Benzoyl Peroxide Cleanser** and/or our **prescriptive Retin A** can help minimize break outs.
- **Avoid heat** including hot tubs, saunas, hot showers, etc. for 1-2 days post treatment.
- **Limit any vigorous exercise or activity** that can cause sweating for 24 hours post treatment.
- **Avoid** products including **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (Vitamin C)** for 72 hours post treatment, or until the skin is back to baseline.
- **Avoid waxing or facials** that may irritate the skin for 1-2 weeks post treatment.
- Contact our office if any concerns such as swelling with or without pustules, blistering, excessive or prolonged swelling/ redness, etc.

If you have any questions or concerns, please call our office during business hours (855) 522-4353. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)