



AviClear Pre Treatment Instructions

- Please arrive prior to procedure with NO makeup, creams, or oil on the treatment area. Also, have your hair tied back if possible and remove all jewelry or piercings.
- Please STOP the following cosmetic products 2-3 days before treatment. Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid/ Ascorbic Acid (Vitamin C).
- No Accutane (Isotretinoin) within the last 6 months.
- Please have a minimum of no recent sun exposure within the last 2 weeks. No self-tanner should have been used in the past two weeks. (Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.) Having a tan or an artificial tan can alter your results post treatment.
- Three days prior to your treatment, please take an OTC antihistamine such as Zyrtec or Claritin daily, and continue for 7 days post treatment.
- If you are prone to cold sores (Herpes Simplex A), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- Excess hair may need to be shaved. Men should be cleanly shaved.

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

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MEDICAL AESTHETICS

AviClear Post Treatment Instructions

- **Immediately post treatment, apply a zinc oxide SPF 30+ sunscreen. We recommend Elta MD that is sold in 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.**
- Cold compresses may be applied post treatment for your comfort.
- 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. Regular skincare may be resumed 3 days post treatment.
- Makeup may be applied 24-hours post treatment.
- Mild redness can be expected post treatment, lasting up to 24-hours.
- Dryness and itching is possible for up to four weeks post treatment.
- Post inflammatory flareups are common after one or all treatments in the series.
 - Conditions may worsen before they improve.
 - Typically will 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 office are recommended.
 - La Chele 5% Benzoyl Peroxide and/or Retin A can help minimize break outs.
- Avoid heat including hot tubs, saunas, 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/ 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.

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