



THERMOCLEAR Pre & Post Care

Pre-Treatment

- *You must be off of Accutane for more than 12 months before you can receive a treatment.
- *Avoid UV exposure 2 weeks prior to treatment
- *Let your technician know if you are taking any anticoagulants.

Treatment Day

- *Come to appointment with clean skin, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.
- *Wear comfortable clothing with an open collar.

What to Expect

A small probe is gently touched to the skin, which vaporizes and dries the affected area creating very small crusts that heal and flakes off in 3 to 15 days. You may experience some mild irritation, redness, and crusting on the treated areas. While skin is healing, makeup can be applied to cover and camouflage any temporary imperfections after 24 hours. You will need to avoid direct sunlight immediately after the treatment.

Aftercare

- Immediately after the treatment an ice pack, Polysporin, Bacitracin and/or Caladryl lotion can be applied as there may be mild swelling or edema. It is normal for the treated area to feel like sunburn.
- Avoid any trauma to the skin for up to 24 hours, such as bathing in very hot water, swimming pool, hot tub or strenuous exercise. Try to keep the treated area dry.
- DO NOT PICK the area - Avoid picking and scratching the treated area to achieve your best results. If any crusting appears you can apply an antibiotic cream, caladryl, or after sun care.
- Makeup may be used 24 hours after the treatment, unless there is any sign of epidermal bleeding. It is recommended to use new makeup or a powdered mineral makeup to reduce the possibility of infection.
- You may shower after the treatment with tepid (lukewarm) water. If extensive work has been done on the treated area, you may need to apply Aquaphor or Vaseline when you are in the shower and lightly remove it after bathing. Skin should be patted dry and not rubbed. After 24 hours you can wash the area gently with a mild soap.
- You may experience redness, scabbing and/or slight bruising from 5-7 days after the treatment. Avoid direct sun exposure and tanning beds for 2-3 weeks and throughout the course of your recommended treatment process. Use sunscreen SPF 25 or higher at all times when going out in the sunlight.
- Avoid tweezing, waxing, bleaching, chemical peels and all laser treatments during the course of the treatment. Do not use irritants such as retinols, glycolic acids, or loofas until the area has completely healed.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.