



Patient Education:

ThermoClear

ThermoClear is a non-invasive, high-frequency treatment used to safely and effectively treat benign skin irregularities such as skin tags, cherry angiomas, milia, sebaceous hyperplasia, broken capillaries, and other superficial lesions. The device uses a small probe that delivers controlled heat to the targeted area, dehydrating the lesion so it can naturally crust and exfoliate from the skin during the healing process.

Before Your Appointment

Please review the following guidelines to ensure your safety and optimal treatment results:

- You must be off Accutane (isotretinoin) for a minimum of 12 months prior to treatment.
- Avoid excessive sun exposure, tanning beds, and self-tanners for at least two weeks before treatment.
- Inform your provider if you are pregnant, have a pacemaker, epilepsy, diabetes, autoimmune disorders, or any healing disorders.
- Let your provider know if you are taking anticoagulants or blood-thinning medications, as these may increase the risk of bruising or prolonged healing.
- Reschedule your appointment if you have an active infection, rash, cold sore, or open lesion in the treatment area.

Timing of Your Appointment Treated areas may develop small crusts or scabs that typically resolve within 3 to 15 days, depending on the area treated and your individual healing response. If you are preparing for a special event, we recommend scheduling your ThermoClear treatment at least 2 to 3 weeks in advance to allow full healing.

The Day of Your Appointment

On the day of your appointment, arrive with clean skin and no makeup, lotion, or skincare products applied to the treatment area. Cleansing products are available for your convenience. Please arrive 10 minutes early if you need to cleanse your skin.



Patient Education: ThermoClear

Wear comfortable clothing with an open or loose collar if treatment is being performed on the neck or upper chest.

What to Expect During Treatment

During the procedure, a fine probe is gently touched to the skin. The targeted area is treated with brief pulses of heat, which vaporize and dry the lesion. This creates a small superficial crust that will naturally flake off as the skin heals. Mild discomfort, warmth, or a stinging sensation may be experienced, but treatment is typically well tolerated.

Immediately After Treatment

It is normal to experience temporary redness, swelling, warmth, or a sensation similar to a mild sunburn in the treated area. These effects usually resolve within hours to a few days.

After Your Appointment

Please follow these aftercare guidelines carefully to support proper healing and reduce the risk of complications:

- An ice pack may be applied immediately after treatment to reduce swelling.
- Polysporin, Bacitracin, Caladryl lotion, or an after care product like Alastin Skin Nectar may be applied if recommended by your provider.
- Avoid heat, hot showers, hot tubs, swimming pools, and strenuous exercise for at least 24 hours.
- Keep the treated area clean and dry for the first 24 hours.
- DO NOT pick, scratch, or disturb the treated area. Premature removal of crusts may increase the risk of scarring or pigmentation changes.
- If crusting develops, continue applying a thin layer of approved ointment as instructed.
- You may shower using lukewarm water. Pat the area dry—do not rub.
- If extensive treatment was performed, you may apply Aquaphor or Vaseline before



Patient Education: ThermoClear

showering and gently remove it afterward.

- After 24 hours, cleanse the area gently with a mild soap.
- Makeup may be applied 24 hours after treatment, provided there is no epidermal bleeding. We recommend using new or mineral-based makeup to reduce the risk of infection.
- Avoid tweezing, waxing, bleaching, chemical peels, microneedling, and laser treatments in the treated area until fully healed.
- Do not use exfoliants, retinols, glycolic acids, salicylic acids, or abrasive tools (loofahs, scrubs) until healing is complete.

Healing and Recovery

Mild redness, scabbing, and occasional slight bruising may persist for 5 to 7 days or longer, depending on the treatment area. Small crusts will naturally fall off within 3 to 15 days. Allow them to shed on their own. Avoid direct sun exposure and tanning beds for 2 to 3 weeks following treatment. Apply a broad-spectrum sunscreen SPF 25 or higher daily once the skin has healed sufficiently.

For any questions or concerns, please contact us at 717-408-6075 via text or call. Email us at info@alaskacheeky.com.