

## UltraClear™ Post-Procedure Instructions

### Immediately After Treatment

- ✓ Expect Redness & Warmth: Skin may feel like a mild to intense sunburn for 1–6 hours. For aggressive treatments, some burning can be felt the next morning.
- ✓ Mild-moderate swelling or Tightness is normal, especially around sensitive areas.
- ✗ Do Not Touch, Rub, or Scratch the treated area.
- ❄️ Cool Compresses may be applied gently to soothe discomfort (ex: frozen bag of peas).

### First 24–48 Hours

- 💧 Gentle Cleansing: Use a gentle, non-active cleanser (e.g., no acids or exfoliants). Pat dry—do not rub. ZO Gentle Cleanser recommended.
- 💧 Elevai Enfinity (If you have it): Provide twice daily (AM and PM)
- ✗ No Makeup or Skincare Actives: Avoid retinoids, AHA/BHA, Vitamin C, or any active ingredients.
- ✗ No Exercise, Sauna, or Hot Showers: Avoid heat, sweating, and friction on the skin.
- 🕶️ Avoid Sun Exposure: Stay indoors or wear a wide-brimmed hat. Do not apply sunscreen until your provider gives the go-ahead (typically after 24–72 hrs).
- ✓ If you had Ariessence PDFG+, let dry for 12 hours (do NOT wash until the morning)
- ✓ Apply face cream provided by your provider in small jar as needed for comfort/moisture. No more than 2x daily. We want the skin to microscopically peel.
- ✓ May apply cold compresses as needed. Use purified water. Place gauze in refrigerated water and apply to face as needed repeatedly. Don't rub, just apply.
- ✓ Take Benadryl as needed for itching and discomfort from swelling; avoid ibuprofen/anti-inflammatories.

### Days 3–7

- ✓ Gentle Moisturizer: Switch to moisturizer of your choice if comfortable.
- ✓ Begin Sunscreen: Once skin is no longer broken or peeling, start using a physical/mineral SPF 30+ daily. ZO sunscreen through TBT may be purchased and doesn't sweat off.
- ✗ Do Not Pick or Peel: Flaking or light shedding is normal. Let it exfoliate naturally.
- 💧 Resume Normal Products Gradually: Only after peeling has stopped and skin is calm.

### General Care Tips

- 💤 Sleep on Your Back with a clean pillowcase.
- 🧼 Use Clean Towels and Hands: Prevent infection by avoiding contaminated fabrics or touching.
- 📅 Follow-Up Appointment: Attend any scheduled post-care visits to assess healing.