

# THE STERN CENTER FOR AESTHETICS

## **ClearSilk® Pre/Post Treatment Guidelines**

ClearSilk® is a non-ablative 1064nm Nd:YAG laser treatment that is quick, can be done anytime of the year, and does not have any downtime. ClearSilk® utilizes non-invasive technology that delivers micro-pulses of laser energy to the skin. It effectively treats diffuse redness, rosacea, fine lines and wrinkles, minimizes large pores, discoloration of scars, acne inflammation, and uneven skin texture. Your skin will be left with a glowing complexion that keeps improving with each treatment. For best results, it is recommended to do a series of 3-6 sessions, 2-4 weeks apart.

### Pre-Treatment Guidelines:

- Avoid active tanning, spray tanning, self-tanners, for about 2-4 weeks prior to treatment
- If you have a history of the HSV 1 virus, and we are treating your face, you will need a prescription for an antiviral prior to your appointment
- Avoid treatment if you are pregnant or lactating
- Discontinue the use of Retin A (tretinoin) in the treatment area 1 week prior to treatment

### Post Treatment Guidelines:

- Redness and a mild sunburn sensation are common side effects 24 hours post treatment
- Avoid strenuous exercise, sweating, lakes, pools, hot tubs, and saunas within 24 hours post treatment
- Avoid “intentional” tanning, spray tanning, and self-tanners for 48 hours post tx
- Apply a broad-spectrum physical sunscreen to your skin daily
- You may apply make-up immediately post treatment