

Pre-treatment Reference Guide

PRE-TREATMENT GUIDE FOR ULTRACLEAR®

To help prepare for your laser treatment and minimize discomfort and downtime, follow the guidelines below. **IT IS ADVISED NOT TO SCHEDULE ANY ULTRACLEAR TREATMENT WITHIN 2 WEEKS OF A BIG EVENT.**

2-4 Weeks Before Treatment

Focus: Skin preparation and collagen support

- Begin using a collagen-supporting skincare regimen:
 - Include growth factors, peptides, and/or vitamin C serum.
 - Use a broad-spectrum SPF 30+ daily to prevent UV damage.
 - Stay well-hydrated and maintain a balanced diet rich in antioxidants.
- Avoid excessive sun exposure and tanning (outdoor or spray).
- Avoid chemical peels, microneedling, or other resurfacing procedures.
- Stop aggressive exfoliants or scrubs.
- If prone to cold sores, notify your provider; a prescription antiviral may be started prior to treatment.

5-7 Days Before Treatment

Focus: Reduce irritation and interference

- Discontinue:
 - Retinoids (Retin-A, tretinoin, adapalene, tazarotene, etc.)
 - Hydroquinone or other strong skin-lightening agents
 - Alpha and beta hydroxy acids (AHA/BHA)
 - Exfoliating or resurfacing masks
 - Benzoyl peroxide and topical acne medications
- Stop oral antibiotics (unless medically necessary—consult your prescribing provider).
- Avoid self-tanning products.
- No waxing, threading, or depilatories on treatment areas.
- Continue daily sunscreen and gentle skincare.

- Stop supplements with anticoagulant properties (e.g. vitamin E, Fish oil)

2-3 Days Before Treatment

Focus: Calm, clean, hydrated skin

- Avoid alcohol and excessive caffeine; they can increase skin sensitivity and bleeding.
- Continue gentle cleanser, moisturizer, and SPF.
- Refrain from new skincare products or actives you haven't previously used.
- Wash pillow cases and sheets. Keep pets away from sheets to avoid dander transfer that can lead to skin irritation.
- Clean or replace makeup brushes and sponges

Day of Treatment

Focus: Arrive clean and comfortable

- Arrive with clean skin — no makeup, lotion, SPF, perfume, or deodorant on the treatment area.
- Wear old, comfortable clothing; some residue or spotting may occur.
- If treating the face or neck, wear a button-up or zip-up shirt to avoid pulling clothing over treated skin.
- For off-face areas, wear loose-fitting clothing (e.g., tank tops, shorts, robes) to prevent friction post-treatment.
- Remove contact lenses if treating around the eyes.
- Eat a light meal and hydrate before arrival.
- Arrive a few minutes early to allow for photos, and prep.