

ClearV / Nd:YAG Laser Pre + Post Care

Pre-Treatment Care

To ensure safe and effective treatment:

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks prior
- Apply broad-spectrum SPF 30+ daily
- Discontinue retinol, tretinoin, glycolic acid, salicylic acid, and exfoliating products for 5 days prior
- Avoid waxing, chemical peels, or other aggressive treatments in the area for 5–7 days prior
- Notify our office if you have:
 - An active cold sore (HSV)
 - Skin irritation, infection, or open lesions
 - Recent antibiotic use or new medications
- Arrive with clean skin (no makeup, lotion, or SPF)
- Preparing your skin with medical-grade skincare is recommended for optimal outcomes

Post-Treatment Care

What to Expect

- Mild redness and swelling for 1–2 days
- Treated vessels may appear like fine “cat scratch” marks immediately after treatment
- Within 48 hours, the area may appear:
 - Red, purple, or bruised
 - More visible than before treatment (this is expected)

| These changes typically begin to improve within 2–3 weeks

| If vessels remain visible after 6 weeks, additional treatment may be recommended

Skincare & Comfort

- Use a gentle cleanser and hydrating moisturizer
- Apply cool compresses as needed for comfort
- Keep skin well hydrated

Activity & Heat Restrictions

Avoid for 48 hours:

- Exercise or heavy sweating
- Hot showers directly on the treated area
- Saunas, steam rooms, and hot tubs

Sun Protection (Critical)

- Avoid direct sun exposure during healing
- Apply SPF 30+ daily and reapply every 2 hours
- Wear protective clothing or hats when outdoors

What to Avoid

- Avoid retinols, exfoliants, and acids for 5–7 days
- Do not pick, rub, or irritate the treated area

Special Consideration: Lower Extremities

- If legs are treated, wearing compression stockings is recommended to support healing and optimize results

When to Contact RN Esthetics

Please notify us if you experience:

- Blistering or skin breakdown
- Increasing pain, swelling, or warmth
- Signs of infection
- Prolonged bruising or discoloration beyond expected healing