



5530 Wisconsin Ave, Suite 530
Chevy Chase, MD, 20815
Phone: (202)-838-3016
<https://alisonehrlichmd.com>

Alison Ehrlich, M.D., M.H.S.

What is the Ultraclear[®] Laser?

The UltraClear[®] Laser is a MID IR Fiber Laser that has a cold laser beam which allows for setting customization to treat both surface and deeper layers of skin. Some modes are used to treat superficial conditions affecting the upper layers of the skin such as fine lines and wrinkles, sun damage, and acne scars. Other modes are used on deeper layers of the skin for collagen remodeling and tightening of the skin.

UltraClear[®] Laser Treatment

Pre-Procedure

1. Please go to your preferred pharmacy to pick up any discussed pre-procedure prescriptions.
2. Arrive to the office 1 HOUR prior to appointment time so topical numbing may be applied to treatment surfaces. Arriving later may result in a decrease of numbing time.
3. If you have a history of cold sores, be sure to take Valtrex the day before your treatment, on the day of, and the day following treatment to help prevent a breakout.
 - a. Please let us know if you need a prescription sent.
4. ***VERY IMPORTANT*** Make sure to hydrate well prior to treatment to optimize the effectiveness of your treatment.
5. We highly recommend using daily moisturizer for 10 days prior to treatment.
6. Stop retinoids and glycolic acids 5 days prior to treatment.
7. Please make sure you are stocked up at home with the following post care supplies:
 - a. Gauze
 - b. Aquaphor (fresh tube is recommended)
 - c. White vinegar
 - d. Optional (to help with swelling): Allegra or Zyrtec and Pepcid

FOR ANY QUESTIONS, PLEASE CALL OR TEXT THE OFFICE AT (202)-838-3016. WE ARE HERE FOR YOU! THERE ARE NO WRONG QUESTIONS. ☺

Post-Procedure Information ↓

UltraClear® Laser Treatment

Post-Procedure

1. Day Of Procedure

- a. Immediately post treatment – erythema and a sunburn-like feeling is common. This can last up to a few hours post treatment. To reduce the discomfort and remove the heat, you can use clean gauze soaked in cool water and vinegar as a compress applied to the skin.
- b. Two hours post treatment – apply a thick layer of Aquaphor or CeraVe Healing Ointment to the treated area.
- c. The night after treatment – swelling is normal, especially around the eyes. You can take Allegra or Zyrtec and Pepcid together to decrease swelling. This may also help with any itching you experience.

Take 1 teaspoon of white vinegar and mix with 16 oz. of water. Use this solution as a cold compress using clean gauze. This will cleanse the skin and keep it clean of bacteria. Apply Aquaphor after each vinegar soak. These vinegar soaks can be used periodically for comfort and to soothe the skin throughout the day but are not required.

2. Day 1 Post-Treatment

- a. Continue the vinegar soaks as directed, and you can begin cleaning the skin with bare hands and gentle cleanser, such as Cetaphil Gentle Cleanser. For 3-D Miracl treatments, you may start a moisturizer today. For deeper treatments, use Vaseline or Aquaphor for day 1–7 to keep skin hydrated. You may use a gentle cleanser today if desired, but it is okay to use water alone and vinegar soaks to cleanse skin if discomfort with a cleanser occurs.

3. Day 2–7 Post Treatment

- a. Clean the treated areas with a gentle facial cleanser using nothing more abrasive than the fingertips. Do not scrub treated areas. You should sleep in a modified upright position along with a clean pillowcase and linens for the first and consecutive nights as needed. Vinegar soaks can be used for persistent discomfort. Remove Vaseline/Aquaphor prior to vinegar soaks with a gentle cleanser. No worries if the Vaseline/Aquaphor isn't completely cleared off the skin with the cleanser. Post soak, reapply Vaseline/Aquaphor. Repeat as needed.
- b. If you are going to be outside and exposed to the sun, wear a hat and your daily SPF for full protection. You may start wearing makeup if desired on day 3.

Please Note: It is normal to have pinpoint bleeding following customized treatment. This may continue for a few hours after treatment or throughout the night. Holding pressure with clean gauze is advised.

AVOID POST-PROCEDURE:

For 1–2 Days

- NO sunscreen on day 1, it's ok to start applying day 2
- NO alcohol, spicy or hot foods until day 2.
- NO exercise; defer activity until redness or swelling subsides on at least day 3.
- NO sun or any environmental exposures like wind and extreme cold
- NO product use other than those recommended by or given to you by your provider.
- NO cosmetics unless you have a “new” brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 3 if comfortable.
- NO ice, (especially frozen peas or vegetable packets) directly on the skin, especially if you are still numb from pre-treatment topical analgesic mixture immediately post-treatment. There is no way to assure what you procured from the grocery store freezer is “clean”.
- NO ice/ice baths for 72 hours, cold water is fine. Ice before 72 hours can increase edema. This includes “small” ice packs, skin should be cooled evenly with a full mask or a moist cooled “hand towel” covering the full treatment area. Small ice packs in isolated areas may promote uneven healing and leave hot spots.
- NO cleansers or products with acids, PEG's, high alcohol content, botanicals, or a multiple ingredient menu. The more ingredients on the label the harder it will be to extrapolate what caused a reaction post treatment.
- NO direct contact with pets, unclean surfaces or touching treatment areas during the healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

For 3–5 Days or Longer

- NO Rx or acid-based products until your practitioner has cleared you to use them. This could be anywhere from 5–14 days depending on the depth and degree of your treatment.
- NO picking, rubbing, scrubbing or exfoliating while the skin is sloughing.
- NO Rx medications (like retinols) or adjunct laser treatments until you are cleared by your treating providers. This could be up to 10–12 weeks.

- NO direct contact with pets, unclean surfaces or touching treatment areas during the healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.
- NO swimming in pools, hot tubs, or natural bodies of water for a week

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