

☀️ ClearLift: Pre and Post Care Guide ☀️

🕒 Before Your Treatment

🚫 6 Months Prior:

- ❌ No Accutane! It must be completely out of your system before treatment.

😊 2 Weeks Prior:

- 🚫 Avoid all laser treatments
 - ☀️ No sun or UV exposure
 - 🟤 No self-tanners (fake tan is a fake friend here)
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👉 During the Procedure

💎 The Process:

- Your skin will be gently cleansed 🧴
- A handheld laser device will be passed over the treatment area ⚡
- A calming serum is applied to soothe the skin afterward 🌿

😊 What You Will Feel:

- Most patients feel little to no discomfort 🙌
- Expect a warm, toasty sensation as the laser glides over the skin 🔥

🕒 Treatment Duration:

- 🕒 Takes 20–60 minutes depending on the area being treated
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🛡️ After Care Instructions

● Right After Treatment:

- You may see some red dots — totally normal! These typically fade within 3–4 days 🎯

💄 Skin Routine & Makeup:

- You can resume your normal skincare 🧴 and wear makeup 💄 the same day!

☀️ Sun Protection:

- Avoid UV exposure ☀️
- Apply sunscreen every single day ☁️ 🧴

💧 Cleansing:

- Use lukewarm water only — hot water is a no-go 🚿 ❌

🚫 HANDS OFF!

- **!** Do NOT pick, peel, scratch, or scrub the treated area. Scarring yourself defeats the purpose, and honestly, future you will not be impressed 😞

💧 Hydration is Key:

- Drink plenty of water 💧 💧 💧

📅 Number of Sessions:

- 📅 3–5 sessions recommended for best results
- 🏆 Additional sessions = better, longer-lasting glow ✨

🚨 If Something Feels Off:

- Experiencing excessive redness, blistering, or swelling? 📞 Call Crystal Skin immediately at **801-498-7873**