Denver Eyelid Specialists
Christopher Thiagarajah, MD, FACS · Oculofacial Plastic Surgery

8301 E Prentice Ave, Suite 403
Greenwood Village, CO 80111
Phone (720) 386-1989 · Fax (720) 386-2088

UltraClear® Before & After Instructions

Laser skin resurfacing · 3DMIRACL® / Superficial and UltraClear® / Advanced treatments

Your treatment date: _____ Your treatment: ☐ 3DMIRACL / Superficial ☐ UltraClear / Advanced

Arrive 1 hour before your appointment time

We apply numbing cream when you arrive, and it needs a full hour to work before your treatment can start.

Before your treatment

CHECK OFF EACH STEP AS YOU GO

3 weeks before

- ☐ **Protect the area from the sun.** Avoid tanning the area to be treated, or use complete sunblock (greater than SPF 30) 2–3 times a day for at least three weeks before your treatment.

> **Deeply tanned?** Deeply tanned skin should be treated 4–6 weeks after active sun exposure.

7 days before

- ☐ **Moisturize your skin** every morning and evening for seven days before your treatment.
- ☐ **Drink at least 8 glasses of water a day** to fully hydrate your skin and get the best results.
- ☐ **Stop blood thinners (anticoagulants) 7 days before** your treatment, if your medical condition allows.

3–4 days before (if prescribed)

- ☐ If you're having a deeper peel or have a history of herpes simplex, you may be given an **antiviral medicine** to start 3–4 days before your treatment to prevent an outbreak.

2–3 days before

- ☐ **Stop irritating skin products** on the area, such as retinols or acne medication.

The day before

- ☐ **Moisturize the skin** of the area to be treated.

The day of your treatment

- ☐ **Arrive 1 hour before your appointment time** so the numbing cream has time to work.
- ☐ **Arrive with clean skin.** The treatment area should have none of these on it: lotion, makeup, perfume, powder, bath or shower oil, self-tanning products, hairspray, or ointment.

Have these ready at home for your recovery (details on the back)

- Gauze
- Saline or sterile water
- White distilled vinegar
- Bottled or sterile water
- A gentle facial cleanser
- A simple moisturizer
- Your daily SPF and a hat
- Clean pillowcases, linens, and towels

Advanced treatments also: a barrier ointment (Vaseline, Aquaphor, or CeraVe ointment) and Vanicream ointment.

Saline soak

Soak gauze in saline or sterile water and lay it on the treated area. Leave it on for **5–10 minutes** to cool the skin.

Vinegar soak

Mix **1 tsp of white distilled vinegar** with **16 oz of bottled or sterile water**. Use **3–5 times a day**, and continue if you have ongoing discomfort. Gently wipe off your moisturizer or ointment with a cool, moist cloth first, and reapply it after the soak.

♡ After your treatment

FOLLOW THE COLUMN FOR YOUR TREATMENT

	3DMIRACL® / Superficial	UltraClear® / Advanced
Day of right after treatment	Redness and a sunburn-like feeling are common and can last **up to a couple of hours**. To ease the discomfort and remove the heat, use **saline soaks** (5–10 minutes).	Redness and a sunburn-like feeling are common and can last **up to a few hours**. Use **saline soaks** (5–10 minutes), then apply a **barrier ointment** (Vaseline, Aquaphor, or CeraVe ointment) to protect the area and help it heal.
Day 1 the next day	• Use a **gentle cleanser** and a **simple moisturizer**. • Reapply the moisturizer as often as you need for heat, tightness, or itching (swelling or redness). • Sleep with your head **partly raised** on a clean pillowcase and clean linens the first night.	• Start **vinegar soaks 3–5 times a day**. • Routine: gentle cleanser → vinegar soak → **Vanicream ointment**, for 3–5 days after treatment. • Sleep with your head **partly raised** on a clean pillowcase and clean linens the first night.
Days 2–7	• Clean the area with a gentle facial cleanser, using **only your fingertips**. Don't scrub. • Keep applying moisturizer. **Start your daily SPF on day 5.** • Keep sleeping partly upright on the following nights as needed. • Use **vinegar soaks 3–5 times a day**, and continue if you have ongoing discomfort (1 tsp of vinegar in 16 oz of bottled or sterile water).	• Clean the area with a gentle facial cleanser, using **only your fingertips**. Don't scrub. • Keep applying moisturizer and Vanicream ointment. • Keep sleeping partly upright, on a clean pillowcase and linens, on the following nights as needed. • Continue **vinegar soaks 3–5 times a day**, and keep going if you have ongoing discomfort. • **Day 5**, or once the skin has healed over (re-epithelialized): switch to a lighter moisturizer and **start your daily SPF**.
Outdoors both treatments	If you'll be outside in the sun, **wear a hat**. **Start your daily SPF on day 5** for full protection.	

While you heal: please don't

First 1–2 days

- **No sunscreen until day 5.** Start your daily SPF on day 5, for both treatment levels.
- **No alcohol, spicy, or hot foods** until day 2.
- **No exercise.** Wait until redness or swelling goes down, at least day 3.
- **No sun or harsh conditions** like wind, extreme cold, or ocean water.
- **No products** other than those your provider recommends or gives you.
- **No makeup** unless you use a new brush and new products; old makeup can carry bacteria that cause infection. If comfortable, you may wear makeup on day 2–3.
- **No ice or frozen-food bags directly on your skin**, especially while still numb from the numbing mixture (if used). Freezer items may not be clean.
- **No ice or ice baths for 72 hours**; cold water is fine. Early ice can increase swelling. Cool the whole area evenly with a full mask or a cool, moist hand towel. Small ice packs on spots can cause uneven healing and "hot spots."
- **No cleansers or products with** acids, PEGs, high alcohol content, botanicals, or long ingredient lists. Fewer ingredients make it easier to tell what caused a reaction.

First 3–5 days and while skin is peeling

- **No picking, rubbing, scrubbing, or exfoliating** while your skin is peeling (sloughing).
- **No touching the treated area**, and no direct contact with pets or unclean surfaces while you heal. Clean towels, pillowcases, and surfaces are a must.
- **No prescription or acid-based products** until your provider clears you. This can be anywhere from day 5 to 14, depending on treatment depth. For retinols, see below.
- **No retinols for two weeks** after treatment. If your skin is still pink or red, continue to hold them off for up to 10–12 weeks.
- **No other laser treatments** until your provider clears you. This can be up to 10–12 weeks.

When to call us

(720) 386-1989

Call the office right away if you notice any of the following:

- Pain that gets worse after the first day or two, rather than easing
- Redness that is spreading or increasing
- Unusual or worsening swelling
- Pus, yellow or green drainage, or a foul smell
- A fever of 101°F or higher, or chills
- Blisters or a cluster of painful sores (a possible cold-sore outbreak)
- Areas that stay open, raw, or are not healing
- Eye pain, irritation, a change in vision, or light sensitivity
- Bleeding that does not stop after gentle pressure

Call with any questions, before using a product we didn't recommend, and to be cleared to restart prescription or acid-based products, retinols, or other laser treatments. **For an emergency, call 911.**