3DMIRACL® and Superficial UltraClear

Post Treatment Care

3D MIRACL using the UltraClear® is an incredibly versatile skin solution for virtually everyone. Anyone looking to rejuvenate skin, address sun damage, fine lines, wrinkles scars or remodel collagen that is FDA-cleared for all skin types!

3DMIRACL™ is recommend as a series of 3-6 treatments every 4-6 weeks for best results for your skin.

FOLLOWING YOUR TREATMENT (3-5X DAILY)

1. Cleanse. Using gentle cleanser, pat the area to remove Aquaphor glaze.
    a. Our office recommends ZO Skin Health's Gentle Cleanser.
    b. Rough towels and mechanical cleansing devices are not to be used.

2. Once clean, apply a hydrating product to the skin morning and night after washing
    a. Our office recommends ZO Skin Health's Hydrating Crème

3. Anytime going outside ALWAYS use SPF 30+
    a. Our recommends ZO Skin Health's Sheer fluid SPF

4. Repeat. Repeat 2-3x (3-5x) daily during the healing process.

***ALWAYS wash your hands before touching your face or applying products!**

Reminders for best outcomes:

1. SOOTHE, DON'T SCRATCH. Soothe with gentle cleanser and hydrating creme to relieve the itch and gently allow for peeling skin to slough off. Zyrtec OTC as directed on the bottle can be used to relieve itchy if needed.

2. HYDRATION IS KEY. Keep the area hydrated. Don't scratch or pick.

3. DECREASE SWELLING. Velez masks and sleeping with your head elevated can decrease swelling.

4. LIGHT EXERCISE. Avoid saunas, hot yoga, and strenuous exercise for about one week post treatment.

5. SPF IS YOUR BFF. Continue using SPF 30+ and reapply every couple of hours.

6. SHAVING. Men should avoid shaving until the skin has sloughed.

7. NO PETS IN BED, CLEAN PILLOWCASES AND THE USE OF VINEGAR SOAKS AS NEEDED.

8. SHOWERING is ok. Just be sure to use a lukewarm water setting and not get any hair products on your freshly lasered skin.

What to expect POST-TREATMENT.

Redness, sunburn sensation, tingling, and sensitivity are normal.

Heat will peak post treatment and slowly dissipate.

DAY 1. Slight redness (erythema), slight swelling (edema). Skin feels soft and silky before the exfoliation begins.

DAY 2-6. Patients notice their skin beginning to naturally peel.

1 WEEK. Patients report their skin feels more even and smooth.

1 MONTH. Gradually results improve over 1-2 months post treatment

Please contact this office if:

- In the unlikely event of blisters or infection, an antibiotic may be used.
- You have concerns with healing.
- You have a Herpes Simplex outbreak*

Contact our office to speak to our clinical staff at 440-461-7999.

*Prophylactic antiviral therapy should be continued for patients with a history of cold sores (Herpes Simplex) when treating around the mouth. Please make sure to let your provider know if you have a history at all of cold sores, even if you have not had one in years.