

Photofacial Pre & Post Care Instructions

Exclusions from treatment:

- You cannot receive your treatment if
 - You have used Accutane, Claravis, Sotret, or Amnesteem in the last 12 months
 - Are pregnant or breastfeeding
 - Treatment area has any open sores, lesions or skin infections
 - Recent sun exposure or self-tanner

Before your treatment:

- Avoid sun exposure, sun-less tans, and tanning beds for 3-4 weeks prior to your treatment
- Stop all Retin-A, Retinol, Renova, glycolics, bleaching creams, and exfoliants 3 days prior to treatment
- Shave any hair present in the area to be treated the day of your treatment
 - Men should shave the beard twice in succession in order to ensure as close a shave as possible.
- If you have a history of cold sores caused by the herpes virus, pre-treating with an anti-viral 3 days before your scheduled visit will reduce the incidence of an outbreak
- It is recommended to wait 2-3 weeks following dermal fillers before receiving a photofacial to the area (dermal filler treatments can be received 48 hours after a photofacial)

After your treatment:

- Immediately following treatment, most clients have few after effects. Some may experience redness similar to a mild sunburn, mild bruising, and/or minor swelling of the skin. These are normal effects that are temporary and usually disappear within 2-24 hours, but can persist up to 72 hours. On rare occasions, it may last up to 3 days. Cold packs or soothing aloe vera gel may be used to ease any discomfort. Apply wrapped ice or gel packs to the treatment area for 10-15 minutes every hour for the next four (4) hours. Certain individuals may have more sensitivity after a treatment than others. In these cases, Acetaminophen (Tylenol), aspirin, or ibuprofen (Advil) may also reduce post treatment discomfort. Use medicine according to manufacturer's recommendations.
- You may apply moisturizer and sunblock to the treated area immediately following the treatment.
- Do not apply makeup until redness has subsided.
- Avoid anything that creates heat for two (2) days after treatment (hot bath, sauna, exercise, etc.)
- Avoid irritants, such as Retin-A, Retinol, Renova, glycolics, bleaching creams, Benzoyl Peroxide, astringents, and exfoliants for seven to ten (7-10) days. You may continue to use other skin care products as usual.

- Avoid direct sun exposure (natural and artificial) for 7-10 days following each treatment. If the sun cannot be avoided, be sure to wear hats and use a sunblock with an SPF of 45 or higher for the body to provide protection between treatments. **Sun tanning increases melanin (pigment) in the skin and increases the risk for burns and blistering during treatment.**
 - For men, avoid shaving with a razor for the first 2-3 days after treatment. An electric razor may be used after 24 hours. Avoid waxing, tweezing, bleaching, or use of depilatories for at least 5 days after treatment.
- Bathe or shower as usual.
- Pigment present in treated area will usually darken over the next twenty-four to forty-eight (24-48) hours. It may turn dark brown or even black. This is referred to as “microcrusting”. **Do not pick or scratch.** Allow it to naturally flake off for the best results. Microcrusting can last 1-4 weeks depending on area treated.
- Some pigmented lesions may initially look raised and/or darker with a reddened perimeter.
- The pigmented lesion is usually healed in twenty-one to thirty 21-30 days. It will continue to fade over the next six to eight (6-8) weeks.
- Microdermabrasion after your treatment (7-10 days for face, 2 weeks for body parts) can be beneficial in removing the remaining crusting.

Possible side effects:

- A small percentage of individuals will experience prolonged itching, redness or mild peeling of the skin. This peeling is similar to the effects of sunburn. Avoid vigorous removal of the peeling skin.
- Blistering is not uncommon. It is a side effect, not a complication of treatment. When it occurs, it is generally not serious and if dealt with properly, no scarring will result. **Please notify us of this occurrence so we may guide you in the appropriate steps for healing.** If the skin blisters, be sure to gently wash the area and demonstrate “moist healing” using an over-the-counter antibiotic ointment such as Bacitracin, Neosporin or generic polysporin twice a day.
- Removal or lightening of freckles.
- Hair removal in treated area.
- Scarring.

Photofacial Laser Treatment Follow Up:

- Follow up treatments should be scheduled every 3-4 weeks
- *Consistent repeated treatments will produce the best result.* We recommend 3-6 treatments based on the presentation of your skin (those with more redness will need 5 + treatments in most cases).
- Microdermabrasion or dermaplaning can be done in between Photofacial treatments to enhance results.
- A maintenance treatment is recommended every 4-6 months after original series to maintain results.