

## PhotoFacial Post-Treatment Instructions

Following treatment your skin may feel like it has slight sunburn. You may experience erythema (redness), edema (swelling), and some discomfort of the treated areas for several hours or up to 3 days post-treatment. You may experience some purpura (purpleish spots or patches) in treated areas, which would be expected to resolve within several days. If you experience itching after treatment, you may use over the counter topical hydrocortisone cream.

After treatment, your skin may appear slightly reddened which subsides rather quickly. Mild swelling may occur. You may use cold or ice packs, 10-minute intervals, as needed for comfort and to relieve swelling. Should swelling occur, application of an ice pack (10 minutes on, 10 minutes off) multiple times in the first 24 hours will help minimize the swelling.

Apply a gentle moisturizer immediately after treatment. Use a mild cleanser (such as Cetephil, Aquinil, or Dove) and a mild moisturizer after the treatment for a few days before resuming your normal skin routine.

If desired, you may use makeup on the treated area, as long as the skin is not broken, blistered, or irritated.

Avoid hot baths or showers, aerobic exercise, massage, harsh cleansers, or chemicals on the treated area for 48 hours following treatment.

We recommend you avoid air travel for 24 hours after your treatment. Care should be taken to prevent trauma to the treated area for the first four or five days following treatment.

Avoid sun exposure to the treated area for 1 to 2 months following the treatment. Use a broad spectrum of sunblock of at least SPF 25 or higher at all times. Tanning after treatment sessions may enhance melanin regeneration, which may result in hyper-pigmentation or other side effects.

Rarely, a small blister or scab may form. If this occurs, call your doctor immediately. While waiting for his/her reply, perform gentle washing and apply antibiotic ointment (Bactracin, Polysporin, ect.) to the area unless you are allergic to these medications. Avoid sun exposure. Allow healing naturally, without irritation. Do not try to remove any scabbing.

Please discuss when you should resume any prescribed medications such as Hydroquinone or Retin A with Dr. \_\_\_\_\_