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## **Photofacial, Phototherapy and Acne Laser Aftercare Instructions**

### **What to expect after each treatment:**

Redness

Peeling

Crusting

Tenderness

Swelling - The skin has been heated, therefore the area may swell somewhat for a day or so.

Swelling results from heat, not infection.

For optimal results multiple treatments are necessary.

### **How to care for the treated areas:**

AVOID sunlight completely for the first 48 hours, stay indoors in a dimly lit area.

Light exposure, especially outdoor may intensify side effects. Apply a cool compress to relieve swelling or warm sensations for 1-2 hours after treatment.

Use SPF 30+ broad spectrum sunscreen. Be sure to reapply sunscreen throughout the day.

It is imperative to the success of future treatments and skin health to protect the skin from sun exposure while undergoing phototherapy.

Wash the area with a gentle cleanser ( i.e. Cetaphil Cleanser ). Keep the area well moisturized with Cetaphil lotion or cream.

Crusting should be treated with Polysporin ointment. The area should be covered continually for 24 hours a day until the crusting is completely healed.

Do not scratch or pick the area, which will have the same results as picking a scab or pimple, and the area could scar.

You will be sent home with samples of a mild steroid cream, in the case of the treated area becoming irritated or itchy.

We recommend you use this cream twice a day for 5 days, or until the irritation has subsided.

Pure petroleum jelly may be used on the skin to alleviate excessive peeling, and dryness.

Tylenol, aspirin or ibuprofen may be taken if you have any discomfort. Avoid using products, such as Retin A, Triluma, Renova, Avage, for 1-2 weeks.

**For Acne patients:** Please discontinue ALL acne medications 5 days before and may resume 5 days after the phototherapy procedures.

### **Please call us at (239) 561-3376, if you experience any of the following:**

Severe pain

Open and/or weeping wounds

Blisters

Cold Sores