

Pre and Post Treatment Guidelines for Photofacial-BroadBand Light

What can a photofacial do for me?

The natural consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Some skin defect consequences may arise from hormonal factors that create and over production on melanin or hereditary factors that produce more vessels. Photofacials involve the reduction of signs of aging and skin defects using non-invasive pulses of BroadBand Light (BBL) There is no recovery time and a low risk of complications with photofacial treatments.

- » If brown spots are the target, BBL will deliver energy to the upper layer of your skin and particles of the cell left behind will peel or flake off within 7-14 days. Recommended course of treatments is **3-5 treatments, spaced 4-5 weeks apart.**
- » If redness is the target, blood vessels in deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants. Recommended course of treatments is **3-5 treatments spaced 2-4 weeks apart**

Pre-Procedure

- » Avoid sun exposure/tanning beds 4 weeks prior to treatment.
- » Discontinue 1 week prior to treatment: Long-term oral antibiotics, Retin-A or Renova, and topical acne medications.
- » If you have cold sores, there is a risk that this treatment could contribute to a recurrence. Prophylactic antiviral therapy can be started 2 days before treatment and continued one week after to avoid outbreak.
- » No Accutane for 1 year. It can impair the ability of skin to heal following treatments or surgery for an extended amount of time even after you have stopped taking it

Post Procedure

Until sensitivity has completely subsided, avoid all of the following:

- » Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic, alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing.
- » Shaving.
- » Swimming pools and spas with multiple chemicals/chlorine.
- » Activities that cause excessive perspiration.
- » Make up can be applied right after procedure.
- » Cold compress or ice pack can be used to provide comfort.
- » **Avoid all sun exposure to reduce the chance of skin color changes. If sun avoidance is impossible, use a broad spectrum SPF 30+ at all times thought the course of treatment**
- » If you experience redness, swelling or general discomfort you can take an OTC pain reliever, Benadryl or other similar antihistamine.

Risks

- » Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction. Do not pick or scratch the skin this can lead to permanent scarring.
- » If blistering occurs, allow to heal spontaneously. If healing is delayed, apply antibiotic ointment to the area twice daily until healed.
- » Skin may appear red and swollen and have a mild like sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment.

The treated area must be treated with care. Be gentle. Do not scratch or pick at your skin.