



## Pre and Post Treatment Instructions

### FotoFacial

#### Pre-Treatment Instructions

- Avoid sun exposure, tanning beds, and self-tanner for at least **2 weeks** prior to treatment.
- Avoid skincare products with active acne ingredients such as benzoyl peroxide as well as other sun-sensitizing topicals such as Retin-A, Differin, Tazorac, etc., for 1 week prior to treatment.
- If this is your first time receiving a PhotoFacial treatment here, a “before” photo will be taken to track your progress and end results.

#### Post-Treatment Instructions

- A mild sunburn-like sensation is expected. This usually lasts 2-5 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. If swelling occurs, keep area elevated for remainder of the day and/or take 2 Ibuprofen.
- Prolonged redness or blistering may occur.
- Pigmented lesions will continue to darken after treatment before fading. They may turn brown or even black.
- Pigmented lesions may develop crusts that will begin flaking off in 2-3 days. Do NOT pick at the scabs or crusts. This will cause unwanted side effects and possibly permanent discolorations.
- Vascular lesions may turn a darker red or purple before fading. Do not press on red areas.
- Lesions are usually healed in 7-10 days. They will continue to fade or flake over the next 2-4 weeks.
- Avoid exercising and other activities that will heat the skin for 24 hours.
- Avoid hot showers, hot tubs and saunas your skin maybe temperature sensitive for the next 48 hours.
- Avoid sun exposure to treated areas. Apply a broad-spectrum sunscreen with a SPF 30 or higher daily to sun-exposed skin. Sun exposure can cause an adverse reaction to the treatments! Once all treatments and healing are complete, we recommend continued daily use of broad-spectrum sunscreen.
- Avoid loofahs and scrubs on the treated areas for several days. Gently pat dry promptly after washing.

Please call our office if you have any additional questions after the procedure.