

# Photofacial After Care

## What to Expect Post Treatment

- Immediately following the treatment you may experience a sunburn-like sensation along with some discomfort and tenderness for 2-5 days.
- A clinical endpoint of redness and swelling (particularly under the eyes) will last from 2-7 days.
- Brown spots will immediately look darker and will continue to darken for a few days until forming a layer of crust that looks like coffee grounds or cracked pepper. This crusting will naturally exfoliate within 2-4 weeks on the face and may take up to 8 weeks on the body.
- Blood vessels may turn purple immediately and for up to a week and then will begin to lighten and fade away.
- Approximately one month post treatment, expect a more even skin tone.
- Multiple treatments may be needed to achieve your desired results.

## How to Care For Your Skin

- Ice packs may be applied in 10-minute intervals, on and off as needed for comfort and to relieve swelling
- If desired, you may use makeup on the treated area, as long as the skin is not broken, blistered, or irritated.
- 100% Aloe can be applied to cool and soothe the skin
- Apply SPF 30 or higher daily and every 2 hours if outside.
- \*\*Rarely, a small blister or scab may form. If this occurs, perform gentle washing and apply antibiotic ointment (Bacitracin, Neosporin or Polysporin, ect.) Avoid sun exposure. Allow healing naturally, without irritation. Do not try to remove any scabbing.

## What to Avoid

- 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, tanning after treatment sessions may enhance melanin regeneration, causing hyper- or hypo pigmentation to return..
- Do not pick or scratch the area, allow brow spots to flake off naturally
- Avoid heated activities for up to 48 hours such as hot showers, saunas, vigorous types of exercises, ect....
  
- Avoid direct sun exposure and tanning beds throughout the treatment course to avoid re-pigmenting of treatment areas.