

PATIENT INSTRUCTIONS FOR PHOTOFACIAL TREATMENT

PRE-TREATMENT INSTRUCTIONS

1. Avoid the sun and tanning beds in the area to be treated for 4-6 weeks before laser treatments.
2. Wear broad spectrum sun protection with SPF 30 or higher on any exposed treatment area every day.
3. If have had a history of perioral herpes, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment.
4. **TAN SKIN CANNOT BE TREATED WITH THE PHOTOFACIAL DEVICE!** If treated, you will have BURNS with hyperpigmentation and this may not clear for 6 months or more.
5. The use of tanning cream must be discontinued one week before treatment.
6. On the day of the laser treatment, do not wear any lotions, body oils, perfumes, deodorant, or makeup in the area to be treated.

POST-TREATMENT CARE

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 days, or longer. The treated area will feel like a sunburn for a few hours after treatment. The application of ice during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
2. Aloe Vera gel or ice may be used after treatment.
3. It is recommended to apply NEW makeup only to reduce the possibility of infection if makeup is required immediately after treatment.
4. Avoid sun exposure for 1 to 2 months to reduce the chance of hyperpigmentation or darker pigmentation.
5. Wear broad spectrum sun protection with SPF 30 or higher on any exposed treatment area every day.
6. Do not use any hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) This can cause hyperpigmentation. Shaving may be used.
7. Call Advanced Skin Fitness with any questions or concerns you may have after the treatment. If you experience any brown crusting, do not pick or scratch. Allow it to fall off naturally. In rare cases you may have areas that develop blisters. **IF THIS HAPPENS CALL THE OFFICE IMMEDIATELY.** Do not pick or remove the scabs. Apply antibiotic cream twice daily until healed. The area will heal in 5 – 7 days.
8. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours. Use no retin-a products, salicylic acid, or other AHA's such as glycolic or lactic for 1 week after treatment.

For optimum results it is important that you keep all of your appointments. Your follow-up treatment is customized to your individual conditions and your schedule has a direct effect on the final results of your treatments.

Signature: _____ Date: _____

Printed Name: _____

Laser Tech: _____ Date: _____