



### **Photofacial Post Care Instructions**

The following instructions will help you achieve the best results from your Photofacial treatment. It may get worse before it gets better. Please be patient!

- You may experience mild swelling and redness with a mild sunburn sensation up to 3 days after the treatment. A cool compress will help the irritated areas (15 minute intervals, three to four times per day). Tylenol and Ibuprofen can also assist with this process. Apply 1% hydrocortisone cream to reduce redness.
- Avoid activities that can cause flushing (exercise, hot tubs, sauna) for 24 hours after the treatment (or until swelling resolves).
- Brown spots/ freckles may turn darker after the treatment. The areas will continue to darken and flake off over the next 7-10 days. It is important to keep the skin hydrated after the treatment until the crust falls off. The skin underneath will be pink. There is a gradual return to normal skin color over time. Do NOT pick or scrub areas treated!
- Use a sunblock (UVA/UVB) of at least 30+ on the treated area daily. Sun exposure may contribute to hyperpigmentation. Avoid direct sunlight and wear protective clothing.
- After treatment, gently wash the area treated with a mild cleanser that is free of acids (glycolic, salicylic). Do not rub the skin vigorously. Avoid hot water, as the skin will be fragile for several days.
- Makeup can be applied 24 hours after the treatment. We recommend a mineral based that is non comedogenic.
- Avoid any topical products (Retin-A, Retinol, Vitamin C, AHA's) that may cause irritation 1 week following the treatment.
- As a rare side effect, a blister may occur. Please notify us so that we may guide you to the appropriate steps for healing. Burning/blistering is a side effect, not a complication of this treatment, dealt with properly no scarring will occur. Gently wash the area and use an antibiotic ointment (Bacitracin/Neosporin), twice daily.

Only 10% of the sun damage appears on the surface of the skin. Most sun exposure and time gradually brings the damage to the surface of the skin. To maintain the results of your Photofacial series, it is recommended that you follow up at least once a year for maintenance treatment(s).

Please call Blush and Grey at 719-728-2878 if any questions or concerns should arise.