



Pre and Post Treatment Instructions

Photofacial – BBL™ BroadBand Light

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your Photofacial Treatment:
 - o ABSOLUTELY avoid any sunburn or suntan for at least **2 weeks** prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 2 WEEKS BEFORE AND AFTER TREATMENTS.
 - o Do not use any self-tanning lotions, spray tanning or oral tanning supplements in the **month** prior to treatment.
 - o Stop using retinol for 3 days prior to treatment.
 - o Let your provider know if you have taken Accutane in the last 6 months or if you are on any antibiotics.
 - o Not recommended for patients with history of epilepsy or seizures.
 - o Please arrive at your appointment make-up free. Your morning skincare routine and sunscreen is advised.
- What to Expect After Your Photofacial:
 - o A mild sunburn-like sensation is expected. This usually lasts a few hours, but can last up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. Applying an ice pack for the first 24 hours will help to minimize swelling.
 - o Freckles and sunspots may turn darker initially and then slough off within 7-14 days. This is a desired and normal reaction. There is no peeling, but do not pick or scratch at the skin during the healing process.
 - o If rosacea or visible veins were treated, avoid alcohol, saunas and exercise for 48 hours. The treated blood vessels may recannulate with new blood flow, inhibiting desired results.
 - o Makeup and most skincare may be resumed immediately after the treatment.
 - Avoid any exfoliant creams or cleansers for 1-2 weeks
 - Avoid retinol or glycolic/salicylic acid for 1-2 weeks
 - o Sunscreen (minimum SPF 30) should be used daily and reapplied every 2 hours to be effective. We offer safe, post-laser sunscreen. Ask the staff!
 - o If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- Subsequent treatments are based upon your clinician's recommendation and are typically between 2 to 4 weeks apart. Maintenance treatments are recommended every 3 to 6 months.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date