



## Pre and Post Treatment Instructions

### Forever Clear Acne – 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 Acne Treatment:
  - 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.
  - Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
  - Stop using retinol for one week prior to treatment, Accutane for two weeks prior.
- What to Expect After Your Photofacial:
  - 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
  - Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff!
  - 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.
  - Your light-based acne treatment will treat active breakouts. For best results, proper skin care is encouraged.
    - We recommend ZO Skin Health's Acne Protocol.

**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.**

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**Patient Signature**

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**Witness Signature**

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**Date**