



## 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 or spray tanning in the month prior to treatment.
  - o Stop using retinol for one week prior to treatment, Accutane for two weeks prior.
- 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 flake off within 7-14 days. This is a desired and normal reaction.
  - 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. 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.**

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**Patient Signature**

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**Witness Signature**

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**Date**