



skin body soul

## Photofacial Post-treatment instructions

Cleanse the treated area gently as needed. Avoid any abrasive scrubs for 48 hours following treatment. You may apply makeup immediately after your treatment.

Immediately following your treatment you may notice a uniform redness on your skin as well as a mild sunburn feeling. This usually lasts no longer than 4-6 hours following your treatment. Cold packs or aloe vera may help with the discomfort. Ibuprofen or Tylenol may be taken to help with the discomfort as well. Please let our office know if the discomfort lasts longer than 48 hours following your treatment. Continued or maintained improvement will require a maintenance treatment every 6-8 months. To lengthen the time between maintenance treatments it is advised to wear a sunblock of 30 SPF or higher every day and reapply as needed. You may have some mild swelling in the treated area following your treatment. This should resolve in 24 hours. Avoid exertional activity immediately following your treatment as this may cause an increase in swelling. You will notice in the first couple of days brown spots coming to the surface of your skin. These spots resemble coffee grounds or spots of melted chocolate. This is the desired response of treatment. It is important to not pick at these spots as this may cause scarring of the skin. The spots will darken and flake off naturally within 5-7 days.

Quick warm showers are recommended. Avoid prolonged hot baths for 48 hours. Aerobic exercise or the use of saunas and hot tubs should also be avoided for 24-48 hours.

Prolonged sun exposure is to be avoided for at least 2 weeks before and after your treatment. If it is impossible to remain out of the sun during this time, a total sunblock of SPF 30 or higher, sunscreen should be applied every 2 hours while in the sun. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation). Makeup can be applied as long as the skin is not broken.

For any questions or concerns following your treatment, please contact us at 573-348-3882, Monday – Friday 9 AM- 5 PM.