

## Forever Young BBL/Photo Facial Pre and Post Care Instructions

### Pre-Treatment Instructions

- Avoid sun exposure and tanning beds in the area to be treated for 4-6 weeks prior to treatments. **TANNED SKIN CANNOT BE TREATED WITH THE PHOTOFACIAL DEVICE!** Doing so may result in **BURNS** and hyper pigmentation, which may take 6 months or longer to clear up.
- The use of self tanning creams must be discontinued one week prior to treatment.
- Daily use of broad spectrum sun protection with SPF 30 or higher on any exposed area is required.
- If you have a history of cold sores, Acyclovir 400mg tablets will be required. It is recommended to start the medication the day before treatment and continued one week after treatment. Please ask for a prescription.
- If your physician approves, you may take 800mg of Ibuprofen prior to your treatment to make the treatment more comfortable and again after treatment to reduce swelling.
- Hydroquinone should be stopped the day of procedure. Do not resume use until inflammation subsides completely, typically 3-5 days post treatment.

### Post- Treatment Instructions

- Refrain from using Retin-A, Glycolic and Salicylic products for 10 days after treatment.
- The skin may turn red and become swollen immediately after treatment. You can apply a cool pack 5 minutes per hour to the treated area to help alleviate some swelling and redness.
- Some pigmented areas will darken after treatment and “flake off” over the next 5 - 7 days.
- Please contact us if skin becomes blistered. If crusting occurs, avoid picking since this can cause scarring. If scabs appear after blistering they should be kept soft with a thin layer of Aquaphor. Once the scab falls off the skin may be lighter or darker. There can be a significant color difference initially and it can take several months for this to resolve.
- Moisturize with Avene Cicalfate, Elta MD Skin Recovery Light Moisturizer, or Sente Dermal Repair and use Revision Gentle Cleanser for 7-10 days.
- Avoid sun exposure for 1-2 weeks. Use sunscreen SPF 30 or higher. Tanning after treatment may cause hyper pigmentation.
- If excessive swelling occurs, you may also take Benadryl if your physician approves.