

# Photorejuvenation Post-Op Instructions

Redness and swelling may increase over the first few hours following treatment. This is normal and to be expected. It is also normal to feel a "sunburn like" sensation following the treatment, where temperature regulation is somewhat off and you feel achy. The worst of the swelling is typically seen the morning after the treatment and will slowly subside in the days following.

The treated areas may be temperature sensitive, so lukewarm water when bathing is recommended. Avoid any retinoids or exfoliating products for one week post treatment. Sunspots will darken and gradually slough away in the 1-2 weeks following the treatment. Do not pick at these areas. Keep the area well moisturized to speed healing. Patients with larger blood vessels or diffuse redness are at increased risk of bruising. If bruises occur, they may last 7-10 days. VitaMedica Amica Montana and Biopelle Auriderm Post-op Gel are products that can help speed up the resolution of bruises.

## STRONGLY RECOMMENDED TO-DO'S AFTER TREATMENT (To Minimize Swelling and Expedite Healing):

- Frequent use of ice packs, immediately upon getting home and then on and off as needed in the days following the treatment. MORE ICE PACK APPLICATION = LESS SWELLING.
- Twice daily antihistamines: Claritin or Allegra in AM and Zyrtec or Benadryl in PM for 1-3 days, depending on amount of swelling. ANTIHISTAMINES = LESS SWELLING.
- Anti-inflammatory such as Advil/Motrin/ibuprofen (600mg 3 times/day WITH FOOD TO AVOID UPSET STOMACH). ANTINFLAMMATORIES = LESS SWELLING, REDNESS.
- Sleep with head elevated on pillows (head above the heart) the first few nights post treatment to help minimize swelling.
- Avoid any sun exposure for 24-48 hours. If you need to go outdoors within this time, wear a protective hat/visor and mineral only SPF.

## MUST USE SKINCARE AFTER TREATMENT IN KIT PROVIDED:

- Use a gentle cleanser and wash with tepid water twice a day.
- Avene Cicalfate Restorative Cream with Vaseline (can substitute Aquaphor) for the first 2-4 days following the procedure. Apply at least twice a day (may use more often if desired).
- Use mineral sunscreen in the 48 hours following the treatment. Then you may switch to your sunscreen of choice.

## Additional Information:

- Avoid any retinoids, Melatonik or exfoliating products for 1 week post treatment.
- Avoid exercise 24 hours post treatment.
- Makeup is discouraged for as long as possible, ideally 1-2 days post procedure.
- Unanticipated skin effects include burns, blisters, skin discoloration and scarring.

Please contact us with any concerns regarding treatment.



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