



Photofacials / IPL or BBL™ BroadBand Light Instructions

Multiple sessions are performed every 2-4 weeks until the desired result has been achieved. The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following: scented lotions or soaps, exfoliant creams such as Retin-A, glycolic or salicylic acid, acne creams or gels, loofa sponges and aggressive scrubbing, shaving, swimming pools and spas with multiple chemicals/chlorine or extreme hot or cold water.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling. On rare occasions, when areas around the eyes are treated, there is a possibility of prolonged swelling which may last up to one to two weeks. If this occurs it is recommended to sleep upright on your back with a few extra pillows. Contact the office if the swelling does not resolve after 1-2 weeks.
- Aloe Vera with lidocaine available over the counter can be applied to the treatment area and may provide a soothing effect if you are in discomfort, along with an ice pack. Post treatment discomfort is typically minimal but if the area continues to be very uncomfortable despite topical treatments, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- Freckles and sunspots may turn darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be redness and slight swelling around the treated vessels. They can either appear lighter in appearance and look somewhat smudgy or less defined or may even turn purple before they disappear.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- In the case of crusting, blistering, or a small area of open skin, apply Vaseline or Aquaphor twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring. If a large area or entire area has blistered then contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- Avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with Zinc Oxide and a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- During your series of PhotoTherapy treatments, sun exposure should be avoided and a sunblock with Zinc Oxide should be used on a daily basis. If a sunblock is not used daily and re-applied, the brown spots will re-occur.

Call our office with any questions - Boca Raton 561.955.8885 or Boynton Beach 561.364.7774