

 O'Superstein
Dermatology Group
Photofacials & BBL Treatments
Post-Care Instructions

Treatments are typically spaced 2–4 weeks apart & may be repeated until optimal results are achieved.

WHAT TO AVOID:

Avoid these until any sensitivity has completely subsided.

- Avoid sun exposure to the treated area for at least 7 days after your procedure
- Scented lotions or soaps, and exfoliating products such as Retin-A, glycolic acid, or salicylic acid
- Acne creams or gels
- Loofa sponges or aggressive scrubbing
- Shaving the treated area
- Swimming pools and spas
- Extreme hot or cold water

WHAT TO EXPECT:

Applying a cool compress or ice pack during the first 24 hours may help minimize swelling.

If the eye area was treated, swelling may be more noticeable and can take longer to resolve. Sleep with your head elevated on extra pillows to help reduce swelling.

Contact our office if swelling is severe, worsening, or does not gradually improve.

- Redness, swelling, and a mild sunburn-like sensation — this can last a few hours to a few days
- Freckles and sunspots may darken temporarily, then flake off within 7–14 days (this is desired)
- Treated vessels may look lighter, smudgy, or turn purple before fading — this is normal
- Delayed blistering from sun exposure can appear up to 72 hours after treatment

MANAGE DISCOMFORT:

- Over-the-counter Aloe Vera with lidocaine may soothe the treated area
- An ice pack can help reduce discomfort
- If needed, oral pain relievers such as Extra Strength Tylenol or Advil may be used
- If a large area or the entire treated area blisters, contact the office immediately. Keep the area moist and out of direct sunlight.

SKIN CARE:

- Makeup may be applied immediately after treatment, as long as the skin is not broken
- If crusting, blistering, or a small area of open skin occurs, apply Vaseline or Aquaphor twice daily
- Do not pick at healing skin — this can cause infection or scarring
- Cover the area and apply a Zinc Oxide sunblock, SPF 30+, reapply every 2 hours
- Throughout your full treatment series, use a daily Zinc Oxide sunblock — skipping this can cause brown spots to return