



## Pre- and Post FotoFacial (Elos-Plus) Instructions

**\*\*\*Please let us know if you have a history of cold sores or fever blisters. \*\*\***

TIMELINE	WHAT YOU NEED TO DO	COMMENTS
<b><u>1 MONTH PRIOR TO TREATMENT</u></b>	<p>*Avoid sun exposure, tanning beds and tanning creams.</p> <p>*Use a sun block SPF 30+ and reapply every 2 hours even if you are in the car.</p>	<p><b>*If you are tanned, you will not be treated.</b></p> <p><b>*Sun exposure is defined as direct sun exposure without protection for 10 or more minutes.</b></p>
<b><u>72 HOURS PRIOR TO TREATMENT</u></b>	<p>*Begin Acyclovir or Zovirax if you have a history of cold sores.</p> <p>*Discontinue Retin-A, Glycolic Acids, Hydroquinone, retinols, aspirin therapy, vitamin E, fish oil, and omega oils</p>	<p><b>*Please let Allura Skin, Laser, &amp; Wellness know if you are on blood thinners as these medications may cause bruising.</b></p> <p><b>*Notify Allura if you need a prescription for Acyclovir.</b></p>
<b><u>DAY OF TREATMENT</u></b>	<p><b>*Do not wear make-up</b></p> <p>*Apply numbing cream to clean skin one (1) hour prior to appointment.</p> <p>*You may be given a sample of a mild exfoliating cleanser.</p>	<p><b>*Advise your Allura Skin, Laser &amp; Wellness Clinic if you take any anti-inflammatory medication.</b></p> <p><b>*If you have dental crowns, caps, braces or other metal dental implants, these areas can be more sensitive to the treatment.</b></p>
<p><b><u>DAYS 1-4 POST TREATMENT</u></b></p> <p>*Expect some redness and swelling on the first day.</p> <p>*On Day 1, use cold washcloths to reduce heat and symptoms.</p> <p>*Cleanse with a gentle cleanser for 3 days</p> <p>*On Day 4, begin use of an exfoliant cleanser.</p>	<p>*Avoid use of harsh astringents, scrubs, or abrasive products on the treated area.</p> <p>*Apply sunblock twice per day for the first week. Then, resume daily application.</p> <p>*A mini Microderm (30 minutes) is recommended and offered at \$75 one week after your procedure.</p>	<p>*Using a small amount of hydrocortisone cream helps with redness and swelling.</p> <p>*Hats or other protective clothing can be worn to help prevent hyper-pigmentation of the skin caused by exposure to sunlight.</p>

**\*SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY 2 HOURS EVEN IF YOU ARE IN THE CAR. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.**