



FotoFacial Treatment Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

This treatment is an intense pulse light laser procedure. Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period depending on treatment level and skin response.

**If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.**

- PREPARING FOR YOUR TREATMENT -

Avoid heavy sun exposure and self-tanning products. Tanned skin cannot be treated.

Stop all exfoliating skin care products 1 week prior to your treatment. This includes retinols and exfoliating cleansers/pads.

Avoid Treatments that may irritate the skin, 1-2 weeks prior. This includes waxing, depilatories etc.

Remove false eyelashes. False lashes will be damaged during your procedure.

Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:

Acyclovir (antiviral/for those with a history of cold sores)- **begin 2 days prior to treatment.**

*Depending on area being treated, medications may not apply to you.

***Please note, if you have dental crowns, caps, braces or other metal dental implants, these areas may become sensitive during your treatment.**

Item Checklist

Gentle Facial Cleanser
Hydrocortisone
Long Sleeve Clothing
Sunblock (SPF 50+)
Washcloths
Wide Brimmed Hat

- THE DAY OF YOUR PROCEDURE –

PRIOR TO ARRIVAL

- **Remove all makeup and lotions from face.** Face must be completely clean prior to face prep and numbing application.
- **Notify staff at check-in if you take any anti-inflammatory medications.**

AFTER TREATMENT IS COMPLETED

- **Cool skin with wet washcloth as needed for comfort.** – do not freeze washcloth.
- **The first 24 hours, you may apply a small amount of hydrocortisone cream** to help with redness and swelling.
- **On days 1 to 3, You may begin cleansing the area with a gentle (non-exfoliating) cleanser.** Do not scrub the area or use a washcloth.
- **On day 5, you may begin to use an exfoliating cleanser.** Exfoliation will help remove dry flaky skin and dark spots.
- **Hats and protective clothing should be worn** to prevent hyper pigmentation of the sky caused by exposure to sunlight.

**SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS,
EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.**

