



Photofacial Post Care Instructions

What to expect immediately after treatment:

- Hydrocortisone and SPF may have been applied to your skin in-office. You can continue to use over the counter hydrocortisone for 24 hours if needed for any redness or inflammation.
- You can continue to use a gentle cleanser, SPF, and moisturizer post treatment. Unless otherwise instructed by your provider, all skincare products with active ingredients should be postponed until **one-week** post-treatment.
 - Ex: retinol, retinoids (tretinoin, tazarotene, adapalene), AHA/BHA, salicylic acid, benzoyl peroxide, azelaic acid, glycolic acid or Cyspera
- DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

Post treatment:

- A mild sunburn-like sensation may persist after treatment. This sensation can last anywhere from 12-24 hours post treatment. Prolonged redness may persist for anywhere from 12-72 hours.
- Pigmented lesions that were treated on the face may turn darker and begin to crust or “pepper” to the surface. This is the treated pigment being pulled to the surface and eventually will slough off. It is important not to rub, scrub or pick at these spots.
- Vascular lesions may turn darker or purple before fading.
- Avoid exercising and other activities until redness has resolved or at about 48 hours post treatment.

Sunscreen and Sun Exposure:

- **Sunscreen is a MUST and should be used daily.** We recommend a physical barrier sunscreen of at least an SPF 30. Make sure to reapply every two hours.
- Sun should be avoided 2 weeks prior to your procedure. Even if you do not have a visible tan, exposure to UV rays can alter how our skin reacts to certain wavelengths used in the laser device. **If you’ve had extensive sun exposure prior to your appointment, please let your medical provider know.**

Please call our office at 609-921-7747 with any questions or concerns.