

## **Photofacial**

### **Pre Care**

- Limit sun exposure and tanning for at least 2 weeks before your appointment. Tanned skin can increase the risk of complications.
- Refrain from using self-tanning lotions, sprays, or any products that may alter your skin color within 2 weeks prior to treatment.
- Keep your skin well-hydrated in the weeks leading up to your treatment. Drink plenty of water and use a good moisturizer.
- Avoid medications such as antibiotics and other photosensitizing medications for 72 hours prior to treatment.
- Stop using retinoids, acids (like glycolic or salicylic acid), and other exfoliating products 5 days before your treatment.

### **Post Care**

- Gently cleanse your skin with a mild cleanser for the first few days to keep the area clean. Avoid scrubs and exfoliants.
- Protect your skin from sun exposure by wearing sunscreen with a high SPF (30 or higher) for several weeks after treatment. Consider wearing a wide-brimmed hat to shield your face.
- Apply a gentle, fragrance-free moisturizer to keep the skin hydrated. You may also apply a recommended healing ointment if advised by your practitioner.
- Avoid picking at any crusting or scabs that may form, as this can lead to scarring or infection.
- Avoid using acids and retinoids for 1 week post laser.
- Watch for signs of infection or excessive irritation, such as increased redness or swelling. Contact your practitioner if you notice any concerning symptoms.
- Attend all scheduled follow-up appointments to monitor your progress and determine if additional treatments are necessary.