

GOOD TO GREAT

Medical Aesthetic Solutions
2955 East Hillcrest Drive, #107
Westlake Village, CA 91362
805.358.0549 ▪ fax: 805.370.1097

Bruce J. Sand, M.D., F.A.C.S.

Mary T. Sand, R.N., B.S.N., CNOR, PHN

PHOTOFACIAL - PRE-TREATMENT INSTRUCTIONS

- Discontinue sun tanning, the use of tanning beds and self-tanning creams 4 weeks before and throughout the course of the treatment. This will reduce the chance of skin color changes and development of new lesions.
- Always use SPF-30 or greater sunscreen on all exposed treatment areas and re-apply every 2 hours throughout the day. Wear protective, light-occluding hats and clothing.
- Discontinue use of exfoliating creams such as Retin-A and other skin exfoliating products 2 weeks prior to and during the entire treatment course.
- If you have a history of herpes outbreaks in the treatment area, you should consult your Primary Care Provider for medical evaluation and possible prophylaxis prior to treatment.
- An accurate diagnosis by a physician of brown spots prior to treatment is necessary before treatment of lesions.
- Be aware there is the possibility of coincidental hair loss when treating pigmented lesions in hair-bearing areas.

GOOD TO GREAT

Medical Aesthetic Solutions
2955 East Hillcrest Drive, #121
Westlake Village, CA 91362
805.358.0549 ▪ fax: 805.370.1097

Bruce J. Sand, M.D., F.A.C.S.

Mary T. Sand, R.N., B.S.N., CNOR, PHN

PHOTOFACIAL - POST-TREATMENT INSTRUCTIONS

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. In some cases, prolonged redness or blistering may occur.
- Apply cool/ice compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation.
- The treated area can be gently cleansed and topical bactericidal ointment can be applied if needed.
- The vessels undergo immediate graying or blanching. In some cases, only a slight purplish change is noted. Vessels either fully or partially resolve in about 10 to 14 days; areas of diffuse flushing gradually fade leaving skin with normal appearance.
- Do not pick, scratch or remove scabs. This will prevent unwanted side effects.
- Until redness has completely resolved, avoid all of the following:
 - Swimming, especially in pools with chemical/chlorine
 - Hot tubs and Jacuzzis
 - Activities that cause excessive perspiration
 - Avoid sun exposure to treated areas
 - Apply a sunscreen with SPF-30 or greater daily to sun-exposed skin