



Patient Instructions for Photo Rejuvenation

Pre-Treatment Instructions:

- 1. NO FRESHLY TANNED SKIN!!**
2. Ensure the skin is squeaky clean and dry
3. WE may ask you to stop any topical medications or skin care products 34-5 days prior to treatment
4. If you had a history of perioral herpes simplex virus, we may recommend prophylactic antiviral therapy
5. If you are tanned or have darker skin type, a bleaching regimen may be started 4-6 weeks prior to treatment
6. If using topical anesthetic, degrease and wash off thoroughly with soap and water prior to treatment

Post-Treatment Instructions:

1. Cool compress/cool aloe vera gel
2. May apply cool compresses for 10 minutes every hour while at home for comfort/welling. May need to sleep with head elevated for 1-2 nights
3. Sun block of 30 SPF plus daily
4. Avoid unprotected sun exposure for at least 2 weeks. May have hyper pigmentation without proper sun protection. Reapply sun block several times during the day.
5. Makeup may be used as long as the skin is not irritated. Ask when you may resume your normal skin care program
6. Treatment is every 4 weeks, for 4-5 session