

Intensive Fotofacial Care Instructions

Before Treatment

- Please arrive at the appointment with clean skin. Do not use any products or medications that make your skin sun sensitive. Prior to Treatment the Levulan will be applied on the skin for 45 min. After that time the area will be cleansed, and numbing cream will be applied for 20-30 min.

Day of Treatment

- Begin applying cold packs to the treated areas. This will help the area cool and alleviate any discomfort, as well as help keep down any swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
- Remain indoors if possible and avoid direct sunlight completely.
- Elevate your head on two pillows when sleeping to reduce swelling.
- Take Ibuprofen or Tylenol if necessary for any discomfort.
- Apply a thin coat of Vaseline to any areas that seem raw or crusty.

After Treatment

Day 2:

- Continue to apply ice packs as needed to alleviate discomfort and swelling. You may take a shower. You may take analgesics. Any discomfort usually subsides by day 3.
- You should avoid sunlight and try to remain indoors on Day 2. The photosensitivity to sunlight is usually gone 24 hours after treatment but may last as long as 40 hours.
- If there is any crusting, you can soak these areas with a solution of 1 tsp. white vinegar in 1 cup of cold water for 20 minutes every 4-6 hours. Ice may be applied directly over the vinegar soaks. The areas should be patted dry and hydrocortisone 1% ointment reapplied following the vinegar soaks.

Day 3-7:

- You may begin applying make-up once any crusting has healed. The area may be red for up to 4-6 weeks.

- The skin will feel dry and tightened. A good moisturizer should be used daily.
- Try to avoid direct sunlight for two weeks. Use sunscreen with a minimum of SPF 30 for four months.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.