

## **Blu-light Treatment**

*Avoid direct sunlight/sun exposure 48 hours after your treatment. Wear your wide brim hat and stay indoors as much as possible. Reminder: Sunlight can penetrate through car and home windows.*

### **General Information**

- Burning and stinging can last up to 24 hours after treatment.
- For the first 7-10 days, treat your skin like a sunburn. Moisturize daily with either Aquaphor or Vaseline.
- For burning and stinging, Tylenol taken as directed and ice packs can relieve symptoms.
- Redness and swelling may last up to 4 weeks after treatment.

### **Post Procedure Instructions**

- Wash your face with clean water or normal saline.
- Use sunscreen UVA and UVB protection, SPF 30 or greater.
- Hats are recommended to protect treatment area.
- Avoid the use of any exfoliant or retinol products for 7 days or until healed.

### **When to call us**

- Fever greater than 101 Fahrenheit
- Burning, stinging and/or itching increases after 24 hours.
- Pus, drainage, pustules. Blisters, especially if painful.