



Hazen Aesthetic Institute
PhotoFacial (BBL, IPL) Pre & Post Instructions

Pre-Treatment Instructions

- Avoid sun exposure, tanning beds, and self-tanner for at least two weeks prior to treatment.
- Avoid skincare products with active acne ingredients such as benzoyl peroxide as well as other sun-sensitizing topical such as Retin-A, Differin, Tazorac, etc., for 1 week prior to treatment.

Post-Treatment Instructions

- A mild sunburn-like sensation is expected. This usually lasts 12-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. If swelling occurs, keep area elevated for remainder of the day and/or take 2 Ibuprofen.
- Prolonged redness or blistering may occur.
- Pigmented lesions will continue to darken after treatment before fading. They may turn brown or even black.
- Pigmented lesions may develop crusts that will begin flaking off in 2-3 days. Do NOT pick at the scabs or crusts. This will cause unwanted side effects and possibly permanent discolorations.
- Vascular lesions may turn a darker red or purple before fading. Do not press on red areas.
- Lesions are usually healed in 7-10 days. They will continue to fade or flake over the next 2-4 weeks.
- Avoid exercising and other activities that will heat the skin for 48 hours.
- Avoid hot showers, hot tubs, saunas, and swimming pools until all redness that has subsided.
- Avoid sun exposure to treated areas. Apply a sunscreen daily to sun-exposed skin. Sun exposure can cause an adverse reaction to the treatments! Once all treatments and healing are complete, we recommend continued daily use of broad-spectrum sunscreen.
- Avoid loofahs and scrubs on the treated areas for several days. Gently pat dry promptly after washing.
 - Cool compresses may be used day of treatment.