

Photorejuvenation Treatment Guidelines

A photofacial is a safe, non-invasive procedure to rid your skin of sun damage (brown spots), rosacea, broken capillaries (red spots) and fine lines to achieve smoother, softer skin with a uniform appearance. Optimal results may require multiple treatments.

Avoid Sun for 4-6 Weeks Before Treatment: Tan skin cannot be treated with a photofacial device as you risk burning the skin. Therefore, please take special care to avoid the sun and tanning beds on the area to be treated for 4-6 weeks before treatment. Wear broad-spectrum sun protection with SPF 30 or higher on any exposed area every day.

Side Effects

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a few days after treatment.

Swelling: You will notice most of the swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling:

- Apply cold compresses to the treatment area for 10 minutes every hour
- Sleep elevated the first night. Use as many pillows as you can tolerate.

Redness: Most redness resolves during the first few hours after treatment, but a rosy 'glow' can remain for several weeks. If you wish, you can apply makeup immediately after treatment to minimize the redness.

Papules/Pimples: Sometimes small papules can arise post treatment, if this occurs, please call us for treatment advice.

After Treatment Skin Care

Avoid Excessive Heat: For 2 days post-treatment, avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, or strenuous exercise.

Skin Care Products: All of your skin care products should be non-irritating and non-clogging for the first week. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinoin) until your skin has healed.

Sunscreen: Proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

Frequently Asked Questions

Q: How do photofacial treatments work?

A: Photofacial targets a broad spectrum of light to the lower layers of the epidermis causing the skin to produce new collagen and connective tissue, which makes the skin surface smoother, and reverse brown spots caused by sun damage and red spots caused by unwanted spider veins.

Q: How many photofacial treatments are recommended for optimal results?

A: Your skin, genetic make-up, lifestyle and personal history are unique. They all contribute to how your skin looks and feels. For most people, maximum results are realized in 3-5 sessions that are usually spaced 2-6 weeks apart. We can develop a treatment plan tailored to your individual needs.

Q: How much social downtime is required?

A: None, you can go back to work and apply makeup immediately following treatment.

Q: Can photofacial be used in delicate areas such as neck and chest?

A: Yes! Since it is safe and effective on delicate skin areas like the neck, chest and hands, in addition to the face.

Q: What are the benefits of photofacial treatment?

A: Benefits include smoother, softer skin with a more uniform appearance, as well as a reduction of sun damage (brown spots), broken capillaries and fine lines.

Q: Do photofacial treatments hurt?

A: The treatment itself can be compared to a rubber band snapping on your skin along with a feeling of heat. After the treatment, most patients report tingling sensation similar to having gotten too much sun. This sensation usually disappears after 1-3 hours.

Q: What side-effects can I expect and how long will they last?

A: You will have some degree of redness and swelling, but it should resolve within a few hours after treatment, and at most within a few days.

Q: What precautions should I take after treatment?

A: Wear sunscreen SPF 30 or higher and avoid direct sun exposure while you are healing for at least 3 months after your last treatment. Further protect yourself by wearing wide-brimmed hats if you expect to be out in the sun.

Q: How long do the effects of photofacial last?

A: It depends on your particular condition and how you care for your skin. Once your skin is restored, continue to protect it. We recommend repeating the session at least 3-5 times for optimal results.