



### Photofacial Pre and Post Care Check List

#### Pre-care and precautions:

1. No tanning natural or artificial including creams in the previous 30 days.
2. Implanted devices such as pacemakers or defibrillators
3. Vitiligo
4. Inflammatory skin conditions, such as eczema, active herpes simplex, etc. (needs pre medication)
5. Skin cancer or any other cancer drug therapy.
6. Epilepsy
7. Photosensitizing drugs: tetracycline, St. John's Wort, Accutane, or Retin A
8. Diabetes
9. Pregnancy
10. Impaired immune system
11. Scleroderma.
12. Any harsh cosmetics for 24 hours prior to treatment -- salicylic acid, glycolic, retinol or Retin A
13. Please use SPF 30+ every day on all treatment areas.

#### Photofacial Post-care:

1. Please use SPF 30+ every day.
2. Avoid sun exposure after and in between treatments.
3. Do not pick at the coffee ground looking sites, the dead skin will naturally slough off.
4. Please do not use irritating or harsh cosmetics until the healing process is complete.
5. Gentle cleanser and mineral make-up are safe to use.
6. Do not participate in rough sports until skin returns to its normal condition.
7. Cold (not frozen) ice packs should be applied after treatment to cool the treatment site, reduce swelling and ease discomfort.
8. Treatment area should be kept clean and moist between treatments.
9. Care should be taken to prevent trauma to the treated area for the first four to five days following treatment: not hot baths, no aerobic exercise for 24 hours after the treatment, no massage until the area has healed, etc.

Skin Care Regimen: Crème Cleanser, Tensage, Up the Anti

Cheers, I'm looking forward to seeing you soon.

If you have any questions or concerns, please don't hesitate to call me.

Irina Akkerman FNP-C, MSN  
Board Certified  
Expertise in Laser Skin Rejuvenation  
510-339-7546