

# photofacial



## PRE & POST CARE GUIDE

### PRE-TREATMENT

- Within 6 months before treatment: **DO NOT** take Isotretinoin, anti-coagulants (vascular treatments only) or St. John's Wort.
- 4 to 6 weeks before treatment: **AVOID** sun exposure & tanning beds. SPF 30+ is recommended.
- 2 weeks before treatment: **AVOID** use of any form of Vitamin A including Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid & other anti-aging, acne & bleaching products.
- **AVOID** sun exposure, tanning beds or creams in areas to be treated.
- Ensure treatment area is free from sunburn, suntan, inflammatory acne & eczema prior to treatment.

### POST-TREATMENT

- Ice packs may be used for discomfort.
- Do not scratch, pick, or remove scabs,
- Gentle moisturizer may be used (i.e. SkinMedica® Sensitive Skin Cleanser)
- For 2 to 3 days following treatment: Use gentle cleanser without salicylic/glycolic acids.
- For 2 weeks following treatment: **AVOID** use of any form of Vitamin A including Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid & other anti-aging, acne & bleaching products.
- Between treatment courses: **AVOID** sun exposure, tanning beds & tanning creams. Apply SPF 45+ with broad spectrum UVA/UVB protection containing zinc oxide or titanium dioxide.

PLEASE TURN OVER FOR POST-TREATMENT GUIDE

**fresh**  
medical spa

519.967.1329 • [freshmedicalsapa.com](http://freshmedicalsapa.com)  
2430 Dougall Ave. Windsor ON (Superstore Plaza)

**fresh**  
medical spa

519.967.1329 • [freshmedicalsapa.com](http://freshmedicalsapa.com)  
2430 Dougall Ave. Windsor ON (Superstore Plaza)