



**LOTUS SPA EAU CLAIRE**

4956 Bullis Farm Road  
Eau Claire, WI 54701

## Pre and Post Treatment Instructions

### Phototherapy – BBL™ BroadBand Light

#### Pre-Treatment Recommendations:

- No direct sun exposure for at least two to four weeks prior to the treatment other than normal sun exposure. Do NOT intentionally tan or spend significant time in the sun without total sunblock, not sunscreen.
- Do not use self-tanners or tanning beds. Your skin should be as light as possible prior to the treatment.
- If using a hydroquinone product, do not use on the day of your treatment.

#### Post -Treatment Expectations:

- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight. Do not scratch or pick at your skin.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 - 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart

#### Post-Treatment Recommendations:

- Your skin may appear red or blotchy in the treated area for 1-2 days. You may apply makeup as desired, preferably mineral makeup as long as the skin is intact.
- You may use a cool water compress and aloe gel on the treated area if desired.
- Cleanse treated area gently with a mild cleanser. Use moisturizer and a broad spectrum UVA/UVB sunscreen of at least SPF 30 daily during treatments.

- If treating Rosacea, avoid alcohol, spicy foods, caffeine and exercise for one day after a procedure.
- No shaving over treated area as long as it is red or swollen.
- Quick, warm showers are recommended. Avoid prolonged hot baths. Avoid excessive perspiration.
- Discontinue use of Retin A, Renova and other alpha hydroxy acids throughout treatment.
- You may continue use of Vitamin C serums, retinol and other treatment products when skin condition returns to normal.
- Avoid swimming pools and spas with multiple chemicals/chlorine

If you have excessive swelling or other concerns contact Lotus Spa Eau Claire at 715-835-1100.

Patient signature

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Date \_\_\_\_\_

Witness \_\_\_\_\_