

BLUE LIGHT: Pre and Post Procedure Instructions

Littleton Office

Appt. date and time: _____

- Please bring a wide brimmed hat and/or clothing to cover any areas that will be treated.
- No makeup or self - tanner
- No exercise day of procedure
- Make sure you have eaten and are well hydrated
- Make sure you bring something to do such as a book, laptop, music etc., for your 1-2 hr. incubation period.

Days 1 through 7

- First 48 hours stay out of the sun
- Avoid fluorescent lights without protective clothing
- After 24-48 burning will begin to subside
- Use Aquaphor and Sunscreen SPF 30 to keep skin moist
- Peeling and scabbing is normal

Burning and Stinging are normal. Keep skin cool and moist!

To keep skin cool:

- Apply cold washcloth to keep skin cool and moist
- Spray water mist on treated area
- Apply ice packs (may use bags of frozen vegetables as ice packs)

For pain and swelling:

- Take Ibuprofen or Tylenol for pain and swelling
- Use over the counter Hydrocortisone ointment for redness and swelling

*Notify the office if these steps are not improving your symptoms or if you need further assistance.