

Photo Dynamic (Acne) Treatment or Multi Dimensional Treatment or Activated Photo Facial Skin Treatment

The following take home post care information must be adhered to for best results.

Day of Treatment: *(Directly after leaving our office)*

- Patient must be covered over the area that has just been treated. Sunlight or daylight may increase the activation process and make all the post treatment results worse.
- Begin applying cold packs to the treated areas. This will help keep the area cool and alleviate any discomfort, as well as help keep down any swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
- Remain indoors and avoid direct light or sunlight. Your area of treatment must be covered completely upon leaving our office and stay covered until home. Close your curtains at home.
- Elevate your head on two pillows when sleeping to reduce swelling.
- Tylenol may be taken for pain relieve if necessary.
- Do not rub, scrub or irritate the area - soft dabbing with towel only.
- Apply Hydrocortisone 0.5% or 1% ointment if necessary.

Day 2

- Continue to apply cold packs as needed to alleviate discomfort and swelling. You may take a shower but do not rub, scrub or irritate the area. Use a dabbing motion to dry the skin do not rub. You may still take Tylenol as needed. Any discomfort usually subsides by Day 3.
- You should avoid sunlight or direct light and try to remain indoors on Day 2. The photosensitivity to sunlight or direct light is usually gone 24 hours after treatment, but may last as long as 40 hours.
- If you have persistent heat you may soak the treated area with a solution of 1 tablespoon white vinegar in 1cup of cold water for 20 minutes every 4-6 hours. Ice may be applied directly over the vinegar soaks. The area should be patted dry and Hydrocortisone 0.5% or 1% ointment reapplied.

Day 3

- Still refrain from treating the skin by rubbing, scrubbing or being rough with your skin - your skin has had a very intense treatment - like a bad sunburn. Be gentle until the redness or crusting has healed.
- You may begin applying make-up once any crusting has healed. The area may be red for 4-6 weeks. If make-up is important to you, please see one of our staff for a complementary consultation for safe products to use.
- The skin will feel dry and tightened. A good moisturizer should be used daily.
- Try avoid direct light or sunlight for two weeks. Use a sunscreen with a minimum SPF 30 before, during and after your treatments. This can only be beneficial to your treatment.

If you have any problems, please call our office at (902) 893-7613.

In case of a medical emergency after hours you may call (902) 956-0000.