



POST CARE INSTRUCTIONS FOLLOWING BLULIGHT THERAPY

STAY OUT OF THE SUN FOR 48 HOURS

What to expect after your procedure:

- Expect burning and stinging. This can be similar to a severe sunburn. Your skin will get increasingly red over the first couple days. This can last up to 7-10 days. It is normal for some swelling to occur.
 - If blisters occur, do not pop the blisters or pick them.
 - Peeling may begin on days 3 or 4 following the treatment and may last for a week or so. Allow skin to slough off without picking.
- Keep the treated area clean with mild soap or cleansers such as CeraVe or Cetaphil. Keep the treated area well moisturized with Cetaphil cream, CeraVe cream or Aquaphor to aid in the healing process.
- To alleviate discomfort, several measures may be taken:
 - Cooling measures can be used such as cold compresses and wet washcloths that have been placed in freezer
 - Apply Aquaphor or Vaseline to the area 2-4 times a day as needed. Hydrocortisone cream or ointment may be used as well. Some people find that keeping these cool in the refrigerator may provide additional relief.
 - Do not use topical antibiotic or anesthetic preparations.
 - Antihistamines such as Zyrtec, Allegra or Claritin be alleviate discomfort or itching
 - Ibuprofen or acetomenophen may be taken unless contraindicated.
- Daily sun block with titanium dioxide or zinc oxide should be worn during daytime hours, especially for the week following Blue light, as your skin will be more sensitive to the sun.

Call our office if severe swelling, redness, tenderness or warmth is present and lasts for more that 10 days. Our number is 970-247-1970