

## BLUE LIGHT AND LEVULAN POST-PROCEDURE CARE

### DAY OF TREATMENT

1. After the procedure, be sure to wear a heavy sunscreen of at least SPF 30 and remain indoors to avoid direct sunlight, as your skin will remain very sensitive to light for the first 24-48 hours. Your skin will be extremely sensitive to sunlight. Please avoid direct sunlight.
2. Swelling or discomfort may be lessened by applying ice packs to the treated areas. Swelling will be most evident around the eyes and is usually more prominent in the morning.
3. Elevate your head on two pillows when sleeping to reduce morning swelling.
4. You may take Tylenol if necessary to alleviate discomfort and irritation.

### DAY 2

1. Continue to apply ice packs as needed to alleviate discomfort and swelling. You may take a shower. You may take analgesics, such as Tylenol. Any discomfort usually subsides by Day 3.
2. You should avoid sunlight and try to remain indoors on Day 2. The photosensitivity to sunlight is usually gone 24 hours after treatment, but may last as long as 48 hours.

### DAY 3-7

1. You may apply make-up once any crusting has healed. The area may be red for 2-4 weeks.
2. The skin will feel dry and tightened. A good moisturizer should be used daily.
3. Try to avoid direct sunlight for two weeks in order to allow your newly refreshed skin to be protected from abnormal pigmentation. Use a sunscreen with a minimum SPF 30 daily.

I have read and understand the post-procedure care instructions. I have also received a copy of the post-procedure instructions. ***I understand that I need to avoid sunlight during the first 24-48 hours following this procedure.***

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CLIENT SIGNATURE

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DATE