

## **Dermatology Center of Steamboat Springs**

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### **Blue Light Patient Information Sheet**

#### **Supplies the patient will need prior to treatment:**

- Painter's mask/Buff/ or scarf, hat/sunglasses (for treatments of face/head) or long sleeved shirt/pants (for treatment of arms, legs or chest) bring to appointment for travel from office to home.
- Mild Cleanser: Cetaphil or CeraVe Gentle Cleanser
- Moisturizer: Cetaphil Moisturizing Cream or CeraVe Moisturizing Cream
- Aquaphor
- Hydrocortisone Cream 1%
- White Vinegar
- Tylenol or Advil
- SPF 50 containing Zinc Oxide is recommended sunscreen

#### **ALA Post Treatment Care:**

- STRICT AVOIDANCE of sunlight and bright indoor lighting for 48 hours after treatment.
- If you must go outdoors, cover face with mask for 48 hours following treatment. Wear physical barrier light blocking clothing and hat. SPF alone does not protect the skin during this time frame.
- Keep skin well moisturized. Recommended Cetaphil or CeraVe Moisturizing Cream as needed for dryness during the day and Aquaphor at bedtime.
- Redness: use Hydrocortisone Cream 1% 2-3 times per day if red/itchy/inflamed
- Swelling: use cool compresses as needed.
- Burning: use vinegar/water soaks. Mix one tablespoon vinegar to 2 cups cool water. Soak washcloth and apply for 20 minutes every 4-6 hours as needed.
- Discomfort/Tenderness: may take Tylenol or Advil as directed by manufacturer.
- SPF 50 with Zinc Oxide is recommended daily even indoors.
- You may shower. Men should avoid shaving the face if treated for 2 days after treatment.

After treatment you may experience the following. These effects usually resolve within 5-7 days and will be completely gone in 3-4 weeks.

- Peeling or flaking skin, redness, dark spots, swelling, stinging/burning (usually for 24 hours), tenderness, dryness or tightness.
- Call office for severe pain open or weeping skin or blisters.

**Patients will need 2 treatments 3-4 weeks apart is recommended.** Please schedule a follow up visit with your provider 3 weeks after the 2nd treatment. This treatment series will usually need to be repeated every 1-2 years.