

OptiLight POST-CARE INSTRUCTIONS:

*****MULTIPLE TREATMENTS IN OFFICE AND COMPLIANCE AT HOME ARE NECESSARY FOR OPTIMAL RESULTS (results are not guaranteed and vary per patient)*****

1. Immediately after treatment you may notice slight redness and mild swelling on the treatment areas. The treated areas may also feel warm and sometimes tingly. These responses are to be expected and should resolve in a week. Cold compresses or aloe vera may be used to ease temporary discomfort.
2. Mild water based cleansers should be used on the skin for the next 3-5 days.
3. Makeup and mild moisturizers can be applied as normal. Continuing to avoid exfoliating products including accutane, astringents, retinol, Retin-A, tretinoin, AHAs (alpha hydroxy acid), and BHAs (beta hydroxy acid).
4. Baths are not advised for the first 24 hours after treatment. You can continue showers as normal.
5. AVOID excessive heat, pools, saunas, exercise, tanning beds, and alcohol for 24 hours after treatment.
6. AVOID sun exposure during the first 7 to 10 days after treatment – apply sunscreen with SPF 30 or higher on a daily basis. Reapplying sunscreen as your bottle directs throughout the day.
7. Botox and fillers should be avoided for 2 weeks after treatment.
8. Dryness and grittiness may be worse within the first 1 to 3 treatments, especially within the first couple days of treatment due to evacuation of skin oils.
9. Brown pigmented areas and red vascular lesions on the skin may appear darker than before the treatment was done. They will lighten up and some of the brown pigment will flake off on their own in roughly 1-2 weeks.
- 10. If a blister develops or you notice broken skin, notify our office immediately. Our after hours number is Dr. David Harkem's direct line: 616-540-8561. DO NOT PICK the blister(s) as a scar may form.**

If you have any questions or concerns pertaining to your treatment(s) please contact us via phone or email and we'll happily help you. Thank you and we hope you have a wonderful day.