

NORTH METRO DERMATOLOGY

PRE- AND POST- CARE INSTRUCTIONS: SCITON® BROADBAND LIGHT

Patient response can vary. Redness and swelling may be seen for several hours (occasionally up to several days) following treatment. Raised bumps (similar to hives) may develop and usually subside within a few hours after treatment. Treated vessels may disappear, darken, lighten, or appear unchanged but fade with time. Vessel darkening and bruising may occur and last up to several weeks. Treated brown spots typically darken and continue to gradually darken over the next 24-48 hours. Darkened spots may progress to scabs or crusting and will start flaking off within a few days. Facial spots typically heal well within 7-10 days, whereas healing time for spots on the body can be 2-4 weeks.

Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.
- Do not use sunless tanning products 10 days before treatment.
- Tan skin cannot be treated. Direct sun exposure and tanning lights should be avoided two weeks before treatment. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (ElaMD or NMD Sunscreen preferred).

Post-Treatment Instructions

- Caution should be used when applying or removing makeup until treated area is well healed.
- Use cool water with a gentle cleanser (Skin Wise Organics Gentle Cream Cleanser) to wash treated area for at least three days or until treated area is well healed.
- Avoid retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients for at least three days or until treated area is well healed.
- Avoid sun exposure and tanning lights for at least two weeks while continuing with recommended sunscreen daily.
- Do not pick or scrub the treated area. Take special care to avoid manipulation of treated area to minimize risk for scarring and unwanted pigment changes.
- Avoid strenuous activity and exercise for three days.
- Avoid swimming, saunas, and steaming for at least three days or until treated area is well healed.
- Facial swelling can be minimized by sleeping in an upright position for the first couple of nights.
- Blistered areas should be kept moist with an ointment (Skin Wise Organics Soothing Barrier Ointment).
- Skin Wise Organics Soothing Barrier Ointment may be used to provide comfort and promote healing.
- Cool compresses can be used after treatment to provide comfort and reduce swelling.

PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.

400 Village Center Drive, Suite 200 ~ North Oaks, MN 55127 ~ 651-789-9800

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