PHOTOREJUVENATION
INFORMATION & TREATMENT INSTRUCTIONS

U Cosmetic uses the Harmony XL for PhotoRejuvenation with AFT (Advanced Fluorescence Technology, the next generation of Intense Pulsed Light). PhotoRejuvenation decreases flat brown spots (sun damage) and capillaries or redness (rosacea or poikiloderma) resulting in a rejuvenated, even skin tone. Melasma is another hyperpigmentation disorder caused by excess hormones and unknown factors that may also be treated with light therapy. It is a difficult symptom to control and while light therapy can improve the condition it can also cause it to worsen. Pre-treatment with a skin lightener can improve results and help prevent worsening pigmentation. On average 3 to 6 treatments are required to produce satisfactory results and some may require more treatments. Rosacea, spider vessels and poikiloderma may require 6 treatments or more for improvement. Every person is unique and although good results are expected, it is impossible to guarantee.

PhotoRejuvenation involves light being pulsed over the treatment area and feels like a mild rubber band snap. After the procedure, the skin is pink or red. Before and after a treatment, you should strictly avoid tanning for 3 to 6 weeks.

Most individuals have uncomplicated treatments. Expected side effects can include a 'sunburned' feeling and 'sunburned' look lasting 1 to 2 days. There can be minor hair loss on the face. Areas are well protected during the treatment to minimize the risk. Other uncommon side effects are pigmentation changes or bruising. If you are prone to cold sores, light-based treatment may trigger an episode. Anti-viral medication can be prescribed to minimize the risk. Rare and unexpected risks would include blisters, burns and scarring. Eye damage can occur if the protective glasses provided are not worn. The risk of side effects is increased by intentional or accidental sun exposure. There may be risks not yet known.

PhotoRejuvenation is not recommended if you are pregnant or breastfeeding, have a light sensitive disorder such as porphyria or light-triggered seizures. Darker complexions due to ethnicity or from chronic tanning may be a contra-indication for treatment. Test patching can be done. Certain medications such as thiazides (for high blood pressure), antibiotics (such as tetracylines, fluoroquinolones, griseofulvin or sulphonamides), sulfonylureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Accutane, Gold therapy, St John’s Wort or Gingko Biloba may increase your risk of side effects.

Other options for treating persistent redness, spider vessels and brown spots include the KTP or NdYAG laser. Medical grade skin care and treatment cosmetics (available at U Cosmetic) may be used to even out skin tone naturally and are good to use post treatment. Both provide
excellent sun protection. Not having the treatment is also an option. There may be other options not listed.

**Prior to procedure you should:**
- ensure you have reviewed this information and that you have had enough opportunity to ask questions and have them answered to your complete satisfaction.
- ensure that you have signed the consent form.
- have a skincare and mineral cosmetic make up consult (complementary) for use after treatment. Mineral make up can be applied immediately after treatment.
- avoid sun exposure, tanning bed and tanning products for 3 to 6 weeks prior to and after treatments. Tanned skin is at higher risk for experiencing side effects.
- start prophylactic anti-viral therapy if you have a history of cold sores prior to treatment.
- be off Accutane and Gold therapy for 6 months prior to treatment, St John’s Wort and Ginkgo Biloba for 4 weeks prior to treatment. These medications cause photosensitivity.
- avoid skin irritants (Retin-A, glycolics, etc.) for 7 days before and after treatment.
- notify at consultation or at treatment if you have an up-coming social or important event.

**The day of the procedure you will/may/should:**
- appear red or pink and feel like you have a sunburn. This will usually subside within a few hours but can last a few days. Helpful treatment may include ice packs/cool compresses or skincare products available from U Cosmetic.
- apply antibiotic ointment if you develop a blister (not a cold sore). **Do not pick, scratch or disturb blisters.** This can lead to scarring.
- avoid sun exposure for 48 to 72 hours because the skin is very sensitive and prone to burns. A wide brim hat with sunscreen of at least SPF 30 is strongly encouraged.

**Day 2-14 post-procedure:**
- Changes in the skin will become more noticeable (dark spots will get darker and red spots may be more red). Bruising or purple discoloration of your skin may occur.
- The darkened appearance will last 7 to 14 days and is easily covered by treatment cosmetics. All red or brown spots in the treated area will be affected. This can include “beauty spots” such as freckles and moles.
- For best cosmetic result do not pick, scrub or pull scabs from your skin.
- **Mild swelling** is expected especially around the eyes and rarely **severe swelling** can occur. This will subside in 2 to 4 days. Ice or cold compresses will decrease swelling.
- Use a mild, gentle cleanser available from U Cosmetic with cool, tepid water. Avoid cleansing with hot water, hot tubs or hot showers.
- Avoid skin products containing alphahydroxy acids, retinol etc. until redness and irritation are no longer present (approximately 3 days).
- Keep your skin hydrated with good quality SPF moisturizers available at U Cosmetic.
- Contact the clinic at anytime if you have questions. We are here to help you and want your experience to be a pleasant one.

You may start to enjoy your new complexion within 2 weeks of your treatment!

For best results, 2 to 6 treatments with the Harmony AFT scheduled 4 weeks apart are recommended.
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