



1324 Princess St  
Kingston, ON K7M 3E2  
Website: [www.ucosmetic.com](http://www.ucosmetic.com)  
Email: [nuyu@ucosmetic.com](mailto:nuyu@ucosmetic.com)  
Phone: 613-536-LASR (5277)  
Fax: 613-536-5108

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen's University  
Dr. Caroline Sangers, MD, CCFP, Cosmetic Medicine, Family Practice, Emergency Medicine

## 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) on the face resulting in a rejuvenated, even complexion. Melasma is another hyperpigmentation disorder that may also be treated with light therapy. Melasma is a brown hyperpigmentation of the face and neck thought to be caused by excess estrogen, progesterone and melanocyte-stimulating hormone. 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 often pink. 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 inadvertent **hair loss** on the face, at the hairline, brows, lashes, and/or nostrils. This is rare and most often a temporary condition however it may be long lasting. Other uncommon side effects are **pigmentation changes** or **bruising**. If you are prone to **cold sores**, light-based treatment may trigger an episode. 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. Certain medications such as thiazides (for high blood pressure), antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulphonamides), sulfonyleureas (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 NdYAG or KTP laser. **Medical grade skin care** and **treatment cosmetics** (only found at U

Cosmetic) may be used to even out skin tone naturally. Both provide excellent sun protection. There may be other options not listed.

***Prior to procedure you should:***

- 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 and St John's Wort and Ginkgo Biloba for **4 weeks** prior to treatment. These medications and others may 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 expose 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.
- There can be inadvertent hair loss on the face, at the hairline, brows, lashes, and/or nostrils. This is most often temporary however it can be long-lasting.
- 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 alphas hydroxy 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.

*love being U*