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A Medical Corporation

Dermatology & Dermatologic Surgery
Cosmetic & Laser Surgery

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OMNILIGHT HOME CARE INSTRUCTIONS

Following treatment, brown spots will become darker like baked in "coffee grains". Over the next 5-14 days, these spots will gently fade away as you wash your face. The treated areas may initially be tender, pink and swollen like a mild sunburn. This is an expected temporary effect and can be covered with makeup. The treated area is delicate and should be treated with care. Please read and follow these instructions.

Post treatment medication:

- Cleanse: Tolieriane Dermo/Foaming /Cetaphil / PS Sensitive Skin / Nia24
- Hydrate: Avene Mist spray every 1-2 hours for swelling or redness
- Repair: TNS _____ x day / Biafine _____ x day / Bionect cream _____ x day
Replenix _____ x day / K-Derm _____ x day / / Aquaphor _____ x day
- Calm: Locoid Lipo cream _____ x day / Pandel _____ x day /Dermatop _____ x day /
Soothing Beyond Measure _____ x day / Arnica 4 tablets under tongue 4x per day /
Advil 1-2 tablets every 6 hrs for pain/swelling
- Protect: Up the Anti SPF 30 / SkinCeuticals SPF 30 / Anthelios SX SPF 40
- Prevent: Valtrex / Famvir _____mg/day x _____ days.
- Other: _____

1. Discomfort or stinging like a sunburn usually lasts no more than six hours. Use medications as directed above. Cool compresses or ice pack will relieve discomfort.
2. If swelling occurs, ice packs or icewater compresses may be applied. For facial swelling, sleep with your head elevated. Avoid alcohol and salt until swelling resolves. If swelling is marked, Dr. Roberts may prescribe oral or topical steroids.
3. If bruising, red discoloration or crusting develops do not pick, scratch or rub the area. Apply Biafine 2 – 3 times a day. Keep the area hydrated with K-Derm cream (available in our office) 4 – 8 times a day on top of Biafine until healed.
4. Showering is permitted. Do not soak in a hot tub or bath until the area is healed. Pat the area gently to dry so the skin is not disturbed. Do not rub the treated area with a face cloth or towel.
5. Avoid swimming and contact sports if any bruising/red discoloration, swelling or crusting is present to reduce skin irritation and prevent infection.
6. If blistering occurs, please call our office immediately. Do not apply make-up until healed. Start soaks using 1 teaspoon vinegar in 1 cup cold water and 4x4 cotton gauze. Apply cotton soaked gauze every 1-2 minutes for 20 minutes total. Repeat 4 times per day until healed.
7. If the area becomes more painful, reddened or shows signs of infection, please call our office immediately.
8. Avoid rubbing or pressure (caused by clothing) on treated areas.
9. **Strict sun avoidance is requested.** Apply sunscreen SPF 30-60 daily to prevent healing with discoloration.
10. Rarely darkening or lightening of skin color may occur for up to 3 – 5 months. If it occurs, use SPF 30-60 daily and call our office for treatment.

CONTINUE ABOVE UNTIL COMPLETELY HEALED. YOU MAY RESUME YOUR ROUTINE SKIN CARE PROGRAM IN _____ DAYS.
TO SPEED UP THE REMOVAL OF BROWN SPOTS, VIBRADERM (MICRODERMABRASION) MAY BE PERFORMED 5-7 DAYS AFTER OMNILIGHT TREATMENT.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR TREATMENT, PLEASE CONTACT OUR OFFICE.