



Flash Foto (Photodynamic Photorejuvenation)

Flash Foto is our most effective procedure to dramatically improve the overall quality of your skin in the least amount of time. To obtain the best results & minimize risk of complications please use the following guidelines (also available on line @ www.RenuLaserSpa.com).

Preparations for your Flash Foto treatment:

- Because photorejuvenation is non-ablative it requires a minimum of 2-3 treatments to typically deliver significant improvement of undesirable conditions: brown spots, broken blood vessels, coarse pores, acne, and fine lines. Maintenance treatments may be necessary as underlying conditions may at times recur. Each session must be paid for as needed.
- Sun avoidance (tanning too) is critical to minimize complications of treatments before and after your treatments. Consider wearing a hat. (We recommend religiously applying each morning *Rènu Rx Oil Free Moisturizing Sunscreen SPF 30*). If you present with a tan, you will be rescheduled in 3 weeks. If desired, consider a bronzer after your series of treatments is completed.
- You will need to stay out of direct sun for 1-2 days and prolonged sun exposure for at least 3-4 weeks. Plan activities like renting movies, hobbies, crafts, computer work for time spent indoors.
- To obtain the best results and maintain the investment you're making in your skin, we strongly recommend Rènu Rx Age-Defying Skin Care program, which stimulates additional improvements with Bio-Active Cosmeceuticals. Consistently use skin care program between treatments. Discontinue for one week immediately afterwards then resume to maintain benefits of your photorejuvenation.
- Discontinue Aspirin, Motrin-like medications for 10 days before a treatment. Photosensitizing agents should be discontinued 7 days in advance. After confirming with your physician, stop coumadin 4 days beforehand. All can be resumed immediately afterwards. Accutane® must be discontinued for a minimum of 3 months prior to treatment.
- Discontinue regular skin care products applied to area on day of procedure. May resume one week afterwards.
- If dark hairs are present in the treatment area, please shave the day of the procedure (a \$25 fee will be imposed for failing to shave).
- Get a spray bottle and fill it with water and keep in the refrigerator. It feels great to spray you face. A circulating fan can be very soothing as well.

Day of Treatment:

- If you frequently get cold sores on lips and this area is to be treated take Valtrex a 500mg tablet by mouth twice a day on the day of & day after your procedure.
- Remove any make-up and wash skin of treatment area, preferably with a *buff pad*, with soap & water just before departing for your treatment. Do not put anything on your skin following this cleansing.
- If you are having your face treated, be sure to bring a large hat, scarf, and sunglasses to block the sun on your trip home following your treatment. Clothing cover up for other areas.
- After your photorejuvenation, we will apply a thick layer of *Rènu Reparative Moisturizing Creme* containing powerful antioxidants. This recovery product will go home with you and should be applied frequently to sooth and moisturize dry skin while accelerating healing.
- **NO exceptions! Remain indoors out of direct sunlight and bright fluorescent lights for 36 hours.**
- Take analgesics like Motrin®, Aleve®, or Tylenol® as necessary.
- Cool the area with your spray bottle of water. To quickly cool down, spray the area with ice cold water and then stand in front of a circulating fan.



Days 2-3

- Hopefully by now you are pink, red and may even look like a tomato. You may be swollen especially around the eyes and lips. Cold water and a blowing fan feels great. Soft ice packs can be used if necessary to reduce swelling.
- Continue using *Rènu Reparative Moisturizing Creme* as needed. You may also apply Vaseline if skin feels too dry. Hydrocortisone 1% ointment, available over the counter at a pharmacy, is also helpful if the area should itch.
- You may take a shower and gently cleanse treated area. Avoid hot water.
- Take analgesics as necessary.
- Avoid sunlight and remain indoors as much as possible.

Days 4-7

- As long as there isn't any weeping areas (broken skin) you can begin on day 3 to 4 to use camouflage make-up which acts as a concealer with sunscreen. It is especially effective to mask redness.
- During this healing period it is very important to protect your new skin with sunscreen (We recommend religiously applying each morning *Rènu Rx Oil Free Moisturizing Sunscreen SPF 30*).
- Rarely blistering occurs. You need to take special care of the area to minimize potential scarring or discoloration. Cleanse twice daily. Apply an antibiotic ointment (e.g. Neosporin®, Polysporin®) 3 times a day until the skin has completely healed. Absolutely avoid sun exposure. Increasing pain and fever are possible signs of infection and you should notify us immediately.
- You may resume *Rènu Rx Age-Defying Skin Care* program one week after treatment. This will optimize and prolong the benefits of photorejuvenation through biostimulation of skin cells.
- Follow-up appointments for photorejuvenation treatment should be 3 to 6 weeks apart. Please schedule if you haven't already done so.

Pre-Payment:

We require payment for all cosmetic procedures at the time of scheduling each series. **Payments are non-refundable.** Photorejuvenation treatments are considered a medical expense and consequently may be tax deductible or qualify for employer sponsored medical spending accounts.

Please call us toll-free (866) 966-RENU if you need to reschedule your appointment. **Please be advised that we have a 24-hour cancellation policy for all services.** A \$25 fee will be charged for a missed appointment.