



Pearl W. Yee, M.D. Inc.

*Obstetrics • Gynecology • Medical Aesthetics
Fertility • Menopause • Urinary Incontinence
Advanced & Minimally Invasive Female Surgery*

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Patient Instructions After Skin Rejuvenation and Tightening:

Avoid direct sunlight for 72 hours after any Fotofacial RF treatment for skin rejuvenation or skin tightening. Wearing a hat, sunglasses and a scarf is advised if you must be outdoors for a prolonged period. Be sure to have sun block on particularly for the first week after treatment. Reapply sun block if you are out in the sun every two hours for the first week.

You may feel that your skin is a little tighter. You may feel as if you have a slight sunburn or heat feeling. These symptoms are usually very mild and do not need treatment. If you wish you may spray water or apply a skin moisturizer. We recommend that you do not sleep on your face, rub your skin vigorously or make extreme expressions on your face for the first 48 hours after treatment.

You may apply makeup as soon as desired after this procedure. There is no down time after treatment. You will notice that any brown pigmentation on your skin will appear darker and smaller as it is concentrated and pushed toward the surface of your skin to be extruded. After 1 to 2 weeks, you will notice that the brown areas may have less pigment as the top skin layers lightly flake off. Red vessels reduce in caliber and appear less prominent over time and skin irregularities will blend.

Continue to wash, moisturize and apply a chemical free sun block daily. We have researched and identified medical grade sun block lotion and prefer sun block that contains zinc oxide. Our staff can give you recommendations regarding skincare products and sun blocks.

Though clinical results are seen even after one treatment; we recommend a series of treatments spaced 2 to 4 weeks apart for the best results. Depending upon the amount of sun damage, skin tone in texture, degree of pigmentation and vascular changes; the interval and number of treatments will vary with individual needs. Be sure to schedule your next appointment before you leave today.