



DIANE WALDER
DERMATOLOGY
by RIVERCHASE

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BLU-U LITE POST CARE INSTRUCTIONS

For best results, please follow these instructions **AFTER** your **BLU-U LITE** treatment

- 1) You **MUST** wear sunscreen containing zinc after the procedure and for the next 2 weeks.
- 2) You **MUST** wear a wide brim hat at least 5" diameter.
- 3) You may not have exposure to sunlight or bright light for 48 hours after procedure, sunscreens will not protect against photosensitivity reactions caused by visible light during this time.
- 4) You should stay indoors as much as possible for **48 hours** following procedure.
- 5) If anti-viral medication needed you **MUST** complete your prescription.
- 6) If you are uncomfortable after procedure you may take 1 Aleve every 8 hours.

MOST COMMON SIDE EFFECTS

- 1) Burning/stinging, which would be severe, may last up to 24 hours after your **BLU-U** treatment.
- 2) Redness and swelling which could be severe, may last up to 24 hours after your **BLU-U** treatment.
- 3) Scaling/crusting, this may last up to 4 weeks after your **BLU-U** treatment.