



## **Blu Light:**

### ***What it will feel like:***

- Expect burning or stinging sensations similar to an intense sunburn. Your skin will get increasingly red for the first few days.
  - If blisters occur, do not pop them.
  - Your skin will begin peeling 3-4 days after the treatment. Avoid peeling dead skin off. Let it fall off naturally to prevent scarring.
  - Antihistamines such as Zyrtec or Claratin can alleviate discomfort or itching
- Use Vaseline or Aquaphor for extra moisture if needed
- STAY INSIDE for 48 hours following your Blu Light treatment. You should not be exposed to any sunlight (even through a window) at all for 48 hours following your Blu Light treatment.
  - After 48 hours, avoid being in direct sunlight between 10am-2pm. Outside of these peak sunlight hours, sun exposure is okay with SPF protection
  - Apply SPF & gentle moisturizer every 1.5-2 hours for following week as needed