

## Pre/Post IPL

- ❖ Improves Sun Damage
- ❖ Improves Skin Texture
- ❖ Improves Pigmentation (sunspots, freckles)
- ❖ Reduces redness, flushing and dilated blood vessels

### A series of five treatments (or more) are set at 3-week intervals

#### Pre-treatment instructions:

1. For one month before treatment avoid sun exposure. Wear a sunscreen with at least a SPF 30 at all times outdoors. If your skin is even slightly tanned the risk of discoloration increases after photofacial treatment.
2. Avoid self-tanners for 10 days before each treatment.
3. Avoid retinoids (Retin-A™, Tazorac™, Renova™, Differin™, Atralin™, Skin Medical Tri-retinol) and Glycolic Acid products for five days before each treatment.
4. Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E 5 days prior to treatment to help reduce bruising.
5. If you take Doxycycline (Acticlate, Doryx) or minocycline (solodyn), stop it 5 days before photofacial.
6. Let us know if you have frequent fever blisters. The heat and light from photofacial can activate them. Dr. Black or Brooke can prescribe an antiviral treatment to prevent this.
7. Please let Dr. Black or Brooke know if you have a history of skin disorders triggered by the light, like Lupus or Polymorphous light eruption.
8. Wait 3 months after pregnancy or breast feeding to begin treatment.
9. Arrive 30 to 40 minutes before treatment
  - a. Remove makeup.
  - b. Our staff will apply topical anesthetic, which will be left on 20-30 minutes.

#### Post-treatment instructions:

1. Avoid retinoids (Retin-A™, Tazorac™, Renova™, Differin™, Atralin™, Skin Medical Tri-retinol), Glycolic Acid and Hydroquinone products for four days. Avoid exfoliating cleansers for 4 days.
2. Quick warm showers are recommended. If areas are treated other than the facial area, hot baths are not advised for 24 hours.
3. If the skin is broken or a blister appears, apply Polysporin or Aquaphor ointment. The area should be kept moist to prevent crusting or scabbing of tissue.
4. Swelling is rare but can happen, especially when your treatment is for redness or dilated blood vessels.
5. Cold packs may be used to ease temporary discomfort. If swelling occurs, take ibuprofen 400 mg every 6 hours as needed and sleep on one extra pillow.
6. Apply SPF 30 or greater sunscreen daily. Prolonged sun exposure is to be avoided for 4 weeks before and after treatment. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
7. Also avoid strenuous outdoor exercise and exposure to excess wind for 4 days after treatment. Avoid any exercise for 1 day after treatment.
8. Makeup can be applied as long as the skin is not broken. Makeup can also serve to protect the skin from sun exposure.

\*\*\* To optimize your results, Dr. Black recommends Lytera Skin Brightening complex for the face, neck and chest (\$154.00) which contains a blend of lightening agents to help maintain your results from your treatment. Apply twice daily.

**Don't forget your sunscreen in the morning!**

