

Pre/Post IPL (Photofacial)

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

A series of five treatments (or more) are set at 3-week intervals, then maintenance treatments can be done every 6-12 months.

Pre-treatment instructions:

1. For 3 weeks before treatment avoid sun exposure. Wear a sunscreen with at least a SPF 30 (preferably SPF 40-50) 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™, Epi Duo™, Epiduo Forte™, Atreno™, Veltin™, Ziana™, SkinMedical or SkinCeuticals or other 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), Seysara, or Minocycline, stop it 5 days before photofacial.
6. Let us know if you have frequent fever blisters or cold sores. The heat and light from photofacial can activate them. Dr. Black, Brooke, or Cheryl can prescribe an antiviral treatment to prevent this.
7. Please let Dr. Black, Brooke, or Cheryl know if you have a history of skin disorders triggered by the light, like Lupus or Polymorphous light eruption.
8. Arrive 30 minutes before your 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™, Epi Duo™, Epiduo Forte™, Atreno™, Veltin™, Ziana™, SkinMedical or SkinCeuticals or other Retinol), and Glycolic Acid products for five days after each treatment. Avoid exfoliating cleansers for 5 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 Cerave healing ointment 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 40-50 or greater sunscreen, preferably tinted, daily. Prolonged sun exposure is to be avoided for 3 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.
9. Avoid threading and waxing for 1 week after treatment!

*** To optimize your results, Dr. Black recommends SkinCeutical Discoloration Defense for the face, neck and chest (\$98.00) 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!

