

Pre/Post Photofacial (Intense Pulsed Light) Treatment

- ❖ 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 done at 3 week intervals, then maintenance treatments can be done every 6-12 months

Pre-treatment instructions:

1. For **one month before treatment** avoid unprotected 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 and retinols** Including prescription retinoids like tretinoin, Retin-A, Tazorac, Fabior, Renova, Akliel, Altreno, Arazlo, Epiduo, Twyneo and Differen (adapalene) and office-dispensed retinols like SkinCeuticals Retinol, and Avene Retrinal and any over the counter retinols for five days before each treatment.
4. **Avoid Glycolic Acid** products for five days before each treatment.
5. **Avoid aspirin, ibuprofen** (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E 5 days prior to treatment to help reduce bruising.
6. If you take **Doxycycline (Acticlate, Doryx) or Seysara, or Minocycline**, stop it 5 days before photofacial.
7. Let us know **if you have frequent fever blisters**. The heat and light from photofacial can activate them. Dr. Black or our PA Cheryl can prescribe an antiviral treatment to prevent this.
8. Please let us know **if you have a history of skin disorders** triggered by the light, like Lupus or Polymorphous light eruption.
9. IPL should not be done if you are pregnant.
10. **Arrive 30 to 40 minutes before treatment** so that we can apply topical anesthetic.

After your-treatment:

1. To optimize and maintain your IPL procedure results we recommend medical-grade skincare, including a protective antioxidant vitamin C serum. **Included in your first package of IPL treatments is the SkinCeuticals post-procedure kit.** The kit includes a Soothing cleanser, CE Ferulic serum, Phyto corrective mask (to reduce redness and soothe the skin post-procedure), and physical UV defense SPF 30 sunscreen, which is zinc oxide-based and non-irritating.
2. **Avoid retinoids/retinols**, including prescription retinoids like tretinoin, Retin-A, Tazorac, Fabior, Renova, Akliel, Altreno, Arazlo, Epiduo, Twyneo and Differen (adapalene) and office-dispensed retinols like SkinCeuticals Retinol, and Avene Retrinal and any over the counter retinols for five days after each treatment. **Avoid Glycolic Acid** and exfoliating cleansers for 5 days also.
3. Quick warm showers are recommended. If areas are treated other than the facial area, hot baths are not advised for 24 hours.
4. **If the skin is broken or a blister appears**, apply Cerave healing ointment or Aquaphor ointment a few times daily. The area should be kept moist to prevent crusting or scabbing.
5. **Swelling** is rare but can happen, especially when your treatment is for redness or dilated blood vessels.
6. **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.
7. Apply **SPF 40-50** 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).
8. **Also avoid** strenuous outdoor exercise and exposure to excess wind for 4 days after treatment. **Avoid any** exercise for 1 day after treatment.
9. Makeup can be applied as long as the skin is not broken. Makeup can also serve to protect the skin from sun exposure.
10. **Avoid** threading and waxing for **1 week after treatment!**

Don't forget your sunscreen in the morning!

