

Pre and Post Care Photo Rejuvenation IPL

Prior to treatment

- Stop using Glycolics and Retinols 7 days before treatment
- **ABSOLUTELY NO TANNING.** Tan must be 6 weeks old before having a treatment. No tanning cream or spray tan 14 days prior to treatment.
- Protect exposed areas with and SPF 40 or higher before and during your treatment series. You must continue to wear SPF 40+ daily year round to prevent hyperpigmentation
- Take 2 plain extra strength Tylenol 30 minutes before treatment time
- Test patch skin type IV and wait 48 hours before treating.

Post Treatment

I understand the below list of short-term effects and agree to follow matching guidelines:

- Flaking of pigmented lesions–crusts may take 5 to10 days to disappear and it is important **not to manipulate or pick** which may otherwise lead to scarring
- Discomfort–during the procedure, you might experience a sensation similar to a rubber band snap to which the degree will vary per my skin condition and area sensitivity but this does not last long. A mild “sun- burn” sensation may follow for typically up to one hour and will be reduced with application of cooling and soothing creams post procedure.
- Redness and swelling –severity and duration depends on the intensity of the treatment and the sensitivity of the area to be treated. These phenomena may be reduced with application of cooling and/or anti-inflammatory creams. You may also take an antihistamine (Claritin, Reactine) until this subsides.
- Bruising may rarely occur and may last up to 2weeks
- Protect the treated area with Sunscreen with an SPF of 40 or higher
- Use a gentle cleanser and moisturizer for 3 to 4 days.
- Do not scrub or pick at the treated area.
- Resume Glycolics and Retin A products once area is completely healed (3 to 4 days)
Have an exfoliating treatment 7 to days post treatment.