

IPL / Photofacial Pre- & Post-Treatment Instructions

Pre-Treatment Instructions

- Avoid use of self-tanners, tanning beds, and sun exposure on the treatment area for at least 2 weeks prior to treatment.
- Stop the use of any Retin-A products, retinoids, or retinols 7 days prior to treatment.
- No steroid or antibiotic usage for 14 days prior to treatment.
- No makeup, lotions, and sunscreen when arriving for the treatment. If you have any of these in the treatment area, we will be removing them before treatment.

Post-Treatment Expectations

- Transient erythema/edema may appear immediately post treatment – This will typically resolve within 24-48 hours.
- There is a small risk of change in the texture and pigmentation of the skin, which are also usually transient. In case of more a serious adverse response such as blistering, swelling, scarring, or long-lasting changes in pigmentation, be sure to consult a physician.
- Do not partake in hot baths, aerobic exercise, rough sports, massage, etc. during the next **5 days**, until the skin returns to its normal condition.
- Maintain high hygienic measures of the treated area during the next 5-7 days.
- Do not tan during the next **14 days** (including tanning beds and creams). Use high factor SPF (30-50 SPF) sun block for at least **1-month** post treatment.
- Note that hormonal changes in the body, exposure to sunlight, genetics and other external / internal factors may induce reappearance of the symptoms treated (Pigmentation/ Acne/Hair growth, etc.).
- It is highly recommended to moisten the skin post phototherapy treatments.
- In **Pigmentation** and **Skin Rejuvenation** treatments, gradual clearing of the lesions may take a few months. The lesions will gradually darken (for up to 14 days) and eventually exfoliate after the treatment. The exfoliation process is a desirable outcome of the treatment. Skin should not be pulled or picked at, but allowed to shed naturally.

**Call, email or message The Med Spa for any concerns IMMEDIATELY,
Dr Adams or a member of the staff will address your problem.**