

# PRE/POST CARE INSTRUCTIONS

## PHOTOFACIAL (IPL):

### Pre Care Instructions:

- Do not work out 24 hours prior to treatment.
- Do not have a suntan, use tanning beds or sunless tanner for 4 weeks prior to treatment.
- Do not take any antibiotics or medication that can cause photosensitivity for 2-3 weeks prior to treatment. Some antibiotics and medications cause photosensitivity which can increase the likelihood of burns.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment such as waxing, depilatories, retinoids/retinols, prescription topicals, etc.
- History of herpes or cold sores may require an antiviral prescription prior to treatment.
- Please notify SpaDerma with any changes to your health history or medications since your last appointment.

### Post Care Instructions:

- Avoid sun exposure. Apply a broad spectrum UVA/UVB sunscreen of at least SPF 30 to prevent further sun damage.
- Do not pick the treated area or scabbed areas. Picking will lead to scarring.
- Avoid hot tubs and saunas for at least 1-2 days post treatment.
- Avoid products containing retinoids, benzoyl peroxide, glycolic and salicylic acids, astringents, etc for 5-7 days post treatment.
- Do not work out for at least 24 hours post treatment.

### What to Expect Post Treatment:

- Swelling, bruising and redness are common and resolve within time. Apply cool compresses/ice packs immediately if swelling occurs (20 minutes on and 20 minutes off 5x a day is a general guideline).
- Treated pigment will turn darker and a peppering effect will occur within 24-48 hours post treatment. Again, do not pick at the treated or scabbed areas to avoid scarring. Treated pigment will gradually exfoliate off the treated area in approximately 1 week.

### Complications:

- If blisters or bleeding are present, infection is possible. Scarring and associated pigment changes may result from an infection. Please call our office if you are expecting blisters and/or bleeding.
- Pigment Changes: The treated area may heal with increased or decreased pigmentation. This occurs most often with darker pigmented skin and after sun exposure to the area. The treated area must be protected from exposure to the sun with a broad spectrum UVA/UVB sunscreen of at least SPF 30 for 2-3 weeks post treatment. This will help minimize the changes of hyperpigmentation. However, some pigmentation changes may occur even if the area has been protected from the sun. These spots usually fade between 3-6 months. In other cases, reduction of pigment (hypopigmentation) may occur but is very uncommon. Please inform your technician immediately if you think you have pigmentation changes. In rare occurrences pigment change can be permanent.

If you have any questions or concerns do not hesitate to contact SpaDerma at 773-529-5277