



## IPL/Photofacial

### Pre-Treatment Precautions

#### 2-4 Weeks Prior:

Avoid sun exposure and/or use a sunscreen with an SPF of at least 30 and completely avoid sun exposure for 48 hrs prior to your tx. For those with darker complexions or prone to hyperpigmentation, consult with Dr Stolley regarding the use of hydroquinone prior to tx.

#### 1 Week Prior:

Stop Retin A (Tretinoin) and other vitamin A containing compounds such as Retinol, Differin and Tazarac.

Stop potentially photosensitizing medications including doxycycline and tetracycline.

#### Prior To Procedure:

Items to pick up and have available post-procedure:

- Gentle Cleanser
- Light Moisturizer
- SPF 30+ (Broad Spectrum)

\*Consult with your Technician as to which products are recommended

### Post-Care Instructions

If Ipl was for blood vessels, avoid blood thinners for 2 weeks: Ibuprofen, motrin, advil, aleve, aspirin, vit E, fish oil, flax seed oil, cod liver oil, garlic pills, ginkgo biloba and ginseng. Tylenol is ok.

#### First 24 Hours:

\*Immediately post treatment, expect a mild to moderate sunburn-like feeling on the face, which can be more intense when treating the neck, chest and arms. This typically subsides within the first 1-3 hours. Dark spots will appear darker and you may have redness and swelling around the pigmented lesions. You may also experience a flushing in larger areas where a lot of pigment or blood vessels are present. Rarely when treating blood vessels a bruise may occur. We will apply sunscreen immediately following your treatment and if desired you can apply cool compresses until the "heat" subsides.

Use gentle cleanser and moisturizer recommended by your Technician

\*Avoid sun exposure for the first 48 hrs, using a sunblock with at least an SPF 30 for incidental exposure.

## Post-Care Instructions (Cont'd)

### First 2 Weeks:

Use gentle cleanser and moisturizer

Resume Antioxidants & Growth Factors

Use a sunblock with at least an SPF 30 and a hat.

If desired, apply Mineral foundation/powder such as Jane Iredale.

Resume Hydroquinone as directed by Dr Stolley.

\*Incidental sun exposure is ok if taking the proper precautions, stated above. Avoid prolonged, direct sun exposure for the 1<sup>st</sup> 2 weeks.

\*Expect small flecs of pigment to come off when they are ready over this period. Do not pick them off as that may result in hyper/hypo-pigmentation and/or scarring.

### 2-4 Weeks Post Peel:

Resume normal skincare regimen

Resume Retin A (Tretinoin) and other vitamin A containing compounds and any products containing acids only if you are tolerating them. You can start these products as early as 2 weeks post tx, but spot test first as directed by Dr Stolley.

\*Avoid excessive sun exposure for up to 4 weeks (Or the rest of your life!)

\*Best Results are achieved in a series of treatments at 2-4 week intervals depending on what we are targeting in the skin and individual variation in reponse. Blood vessels and facial redness typically require more treatments initially as well as maintenance treatments every 4-12 months for some.