



## Palomar Refresh & Melasma 1540

### Pre-Treatment Precautions

#### 2 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 and/or Melasma (hormonal pigment), consult with Dr Stolley regarding using 4% hydroquinone up until the day of your treatment.

#### 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.

Unless prescribed by your regular physician, stop Asprin, Ibuprofen, Advil, Alleve, Naproxen, Etc.

Also stop Fish Oil, omegas, Flaxseed oil, Vit E, Ginkgo, Garlic Pills and Ginseng (Multi Vitamins)

#### Prior To Procedure:

Items to pick up and have available post-procedure:

|                          |                                    |
|--------------------------|------------------------------------|
| Gentle Cleanser          | Growth Factors                     |
| Light Moisturizer        | Obagi Clear (4% Hydroquinone)      |
| SPF 30+ (Broad Spectrum) | *If prescribed for pigment/melasma |

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

#### Day of Treatment:

Arrive with a clean face for numbing. If you have a history of cold sores in the area to be treated, start Antivirals(Valtrex) as prescribed on the day of or day prior to treatment and take as directed.

Post treatment your skin will have a mild sunburn-like sensation for about 1-2 hours, and appear pink and slightly puffy for 24-48hrs.

### Post-Care Instructions

#### First 24 Hours:

Cool Compresses as needed/desired

\*Avoid sun exposure

\*Apply topical growth factors as directed

\*Apply hydroquinone that evening if prescribed and directed by Dr Stolley

## **Post-Care Instructions (Cont'd)**

### **First Week:**

\*Avoid sun exposure. 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.

Use products recommended by your Technician: gentle cleanser, growth factors, hydration, physical spf

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

Continue Hydroquinone if directed by Dr Stolley.

### **Weeks 2-4 Post Treatment:**

Resume normal skincare regimen including antioxidants

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 1 week post tx, but spot test first as directed by Dr Stolley and your technician.

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

**\*Best Results are achieved in an initial series of treatments at 2-3 week intervals, with maintenance treatments every 4-12 months as needed. Dermasweeps and/or Peels are ideal maintenance between treatments to increase skins overall texture and tone.**