

# IPL Photo-Facial Pre - Post Care Instructions

## BEFORE TREATMENT

- Skin should not be tan at the time of treatment. Do not tan or use self-tanner for at least 2 weeks prior to treatment.
- **If you are taking Antibiotics, we need to wait 2 weeks after last dose was taken.**
- Stop all Retin-A, retinol, Renova, Differin, Tazorac, glycolics, bleaching creams and exfoliants 5 days prior to treatment.
- Shave any hair present in the area to be treated. Men should shave the beard area twice in succession in order to ensure as close a shave as possible. Be aware that there is a possibility of incidental hair loss when treating brown spots in hair-bearing areas.
- On the treatment day, arrive with clean skin, no lotions, creams or make-up.
- If you have a history of cold sores, pre-treatment with an oral anti-viral three days before treatment is required. Contact our office prior to your appointment so appropriate medication can be prescribed.

## AFTER TREATMENT

- You may have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, crusting, bruising, swelling or blisters may occur and last up to 10 days.
- **Cold compresses or ice packs should be used to reduce swelling or discomfort if needed. If eyes become itchy or swollen, take an allergy pill - any over the counter, non- drowsy for daytime will do.**
- Your skin will be fragile for 2-3 days. Use gentle cleansers (CeraVe, Bion for Norma Skin) with lukewarm water and DO NOT rub the skin vigorously. Skin moisturizers may be used immediately, and makeup can be applied if the skin is not broken.
- It is important to avoid sun exposure and tanning creams between treatments. Use a broad spectrum (UVA/UVB) **sunblock SPF 35 or greater on the treatment area at all times.** It should be reapplied every 2 hours if outside. Wear a hat if possible.
- **Pigmented areas (freckles, sunspots) will usually darken after treatments.** Crusting of the skin can also form. Please allow these areas to naturally flake off for best results. It may not flake for 7-10 days.
- Avoid hot tubs, whirlpools, saunas and **excessive sweating for 24-48 hours** or until the redness has subsided.
- Avoid irritants, such as Retin-A, retinol, Renova, Differin, Tazorac, glycolics, bleaching creams and exfoliants for 1 week following treatment.
- Avoid chemical peels, facials and microdermabrasion for 1 week following treatment.

## FOLLOW-UP TREATMENT

- Follow-up treatment should be scheduled every 4-6 weeks until desired results are reached. • Consistent treatments will produce the best results. For pigmentation, 2-3 treatments may be all that is necessary initially, but maintenance treatments are usually needed. For diffuse redness (rosacea) or blood vessels, it may take 4-5 treatments for optimal results.

**Please contact us with any questions or concerns. (727) 772-1500 or text (727) 460-0500 (preferred)**

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