

Pre Treatment/Post Care Instructions for Photorejuvenation/IPL

Pre Treatment

- Do not use Accutane (or products containing isotretinoin) for at least 6 months prior to treatments.
- Stop use of Retin-A (or products containing Tretinoin) one week before treatment. (Ex. Renova, Zianan, Atralin, Epiduo).
- Avoid sun tanning and tanning salons for at least four weeks prior to treatments. This will also be required after treatments. You must avoid self-tanning creams for at least two weeks prior to treatments (No spray tans or any forms of lotions containing self-tanning enhancers, for example Jergens, Loreal, Sublime, etc.).
- Any medication that impairs coagulation including nonsteroidals should be discontinued two weeks prior to treatment. Do not discontinue prescription anticoagulants without first checking with your personal treating physician.
- Do not use any medication that causes photosensitivity for at least one week prior to IPL treatments. If you are taking a prescription medication that causes photosensitivity such as antibiotics, please contact your prescribing physician to discuss your options.
- If you have had any injections or fillers in the treatment area in the past four weeks, discuss this with the medical professional.
- The treatment area must be free of any open sores, lesions or skin infections. For treatment of pigmented skin lesions, you should consult a specialist if there is a family history of skin cancer or if you have these concerns.
- Shave any hair present in the area to be treated the morning of treatment. Men should shave the beard area twice in succession in order to ensure as close a shave as possible. Women do not need to shave face unless a part of regular routine.
- Notify the medical professional if you have had laser resurfacing within the past three months.

Post-Treatment

- There is a possibility of short-term effects such as pain, redness, mild blistering or scabbing, bruising and discoloration of skin, which generally resolves within 2 weeks, as well as the possibility of rare side effects such as scarring and permanent discoloration. Cold Packs and Tylenol can be used for the first 24 hours for pain relief.
- Notify Dr. Hekmat if you develop a blistered, striped or ulcerated area.
- For the first two days following treatment, care should be taken to avoid trauma (hot baths, massages, etc.) to the treated site. There is a high likelihood of the appearance of small patches of what looks like pepper grains. Do not pick at these and take care not to scrub them off while washing your face. These “pepper grains” will fall off in 7-10 days. Manually scraping off these pepper grains may leave dark pigmented areas. Gently clean area twice daily with **SkinMedica Facial Cleanser** for two days after procedure. Use **SkinMedica TNS Ceramide Treatment** Cream to moisturize the treated area.
- You should use **SkinMedica Total Defense + Repair Superscreen** in either **SPF 34+ (Tinted or Non Tinted)** or **SPF 50+** for at least one month following treatment, even if you are not in the sun. Tanning soon after treatment may cause hyperpigmentation and should be strictly avoided.
- Avoid irritants (glycolics, retinoids, bleaching creams, etc.) and avoid clarisonic brush, facials, microdermabrasions, peels, threading, waxing, any form of epilation or depilatory creams or lotions (Ex. Nair, Veet, etc.) for at least two weeks after treatment or longer if skin is still symptomatic.
- Drink plenty of water before and after treatment.