

Dermatology Associates of the South Bay
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IPL / PHOTOFACIAL PRE AND POST TREATMENT INSTRUCTIONS

Treatment of Brown and Red Pigment, Vascularity, Rosacea

PRE-TREATMENT

- Avoid real and artificial tanning of the treatment areas, including tanning beds, spray tan and tanning creams, 3-4 weeks before treatment. Please protect the treatment area with a broad spectrum sunscreen SPF 30+ when you are in the sun. We cannot treat skin that is tanned or sunburned.
- If possible please arrive with the area clean and free of creams, lotions, and make-up.
- If we are treating your face please stop using Retin-A/ Tretinoin/ Retinol and similar topical irritants 4 days before treatment. If using Hydroquinone, or topical Vitamin C stop using those 2 day before treatment.
- If you have a cold sore, infection, or your skin is inflamed in or near the treatment area you will need to reschedule your treatment. Please call 24 hours before your scheduled appointment to avoid being charged a cancelation fee.
- If you have a history of cold sores /shingles in the treatment area you should start your prophylaxis antiviral medication the night before treatment if one was prescribed and continue it for 3 days post treatment.
- If you are under 18 years old your parent will need to come with you to your appointments to give consent for us to treat.
- *You cannot be treated if: you are pregnant, breastfeeding, are taking Accutane or it has been less than 6 months since stopping the use of Accutane, the treatment area is sunburned, tanned, or has an infection.*

POST-TREATMENT

- Immediately after or a few hours following treatment it is normal for the treated area to have a “sunburn like feel” there may be redness and mild swelling in some of the treatment areas, which may last 24 hours or longer. You may use cold compresses, pure aloe vera gel (keep it in your refrigerator for added comfort) if needed to relieve these minor discomforts.
- You may notice darkening of the pigment progressing for the first 24 hours following treatment. Many people describe the brown pigment areas as getting “crusties” or coffee ground/ ground pepper looking spots over areas of pigment the day following treatment, this is expected and a good result. These crusties will take 1-3 weeks to naturally exfoliate; as they do your brown pigment will start to fade. DO NOT scrub or pick at these treated pigment areas. Make-up can be applied over these areas.
- Avoid activities that add heat or cause flushing of your skin for 24-48 hours following treatment—no strenuous exercise.
- In most cases makeup & moisturizer can be applied immediately post treatment.
- Wash you face with a mild gentle cleanser such as Cetaphil or Cerave for the first several days post treatment, wait 4-5 days before resuming the use of a Clarisonic Brush if you use one.
- Wait 6-7 days before resuming the use of Retin-A/ Tretinoin/ Retinol and 10-14 days before the use of any scrubs/ exfoliation in the treatment area.
- Continue to protect the treated area from sun exposure and use a broad spectrum sunscreen SPF 30+ daily.
- If you experience a blister in the treatment area apply antibiotic ointment or cream to the area 2 times a day until healed. Do not pick or remove any scabs.
- If you have any questions or concerns about your IPL treatment, please do not hesitate to call us 310-370-9970.

Remember:

- ✓ *Treatment intervals are approximately every 4-8 weeks.*
- ✓ *Most people require 3 treatments to achieve an initial correction.*
- ✓ *IPL is a cosmetic correction of red and brown pigment and vascularity. Pigment ALWAYS returns the key is to retreat when color starts to reappear to maintain your correction, hopefully bringing it back into correction with a single treatment.*
- ✓ *Daily use of a broad spectrum sunscreen SPF 30+ containing at least 5% zinc oxide is one of the best ways to prolong the correction you get with your IPL treatments.*