

PhotoFacial Before & After Care

Before your treatment

- Stop using Retin-A®, Renova® (or other retinoid containing products), exfoliating sponges/scrubs, glycolic, alpha and/or beta hydroxyl acid and vitamin C at least 3 days before your treatment. No Accutane for 6 months before treatment. These products/medications increase photosensitivity and can increase likelihood of complications.
- Avoid all sun exposure (laying in the sun) for 48 hours prior to treatment. You should not be tanned or sunburned while receiving IPL treatments. Avoid tanning or tanning creams for at least 2 weeks prior to treatments.
- The use of any aspirin, ibuprofen and other anti-inflammatory or blood thinning medications may increase the risk of bruising therefore please consult your physician before discontinuing the use of any medication before treatment.
- If you have a history of cold sores/herpes, you may wish to start an anti-herpetic medicine 24 hours before treatment.

WHAT TO EXPECT AND DO AFTER YOUR TREATMENT:

- A mild to moderate sunburned feeling may persist in the treated areas for the next 2-3 days. Cold compresses may be applied and you may take over the counter pain or anti-inflammatory medication. Topical 2% hydrocortisone cream may be applied to decrease any itching or skin irritation.
- Freckles and sun spots will darken over the next few days and then gradually fade in 7-10 days. They will appear less pigmented and fade with treatments.
- Facial veins will be red and may have mild swelling. There may also be some bruising. This will resolve in 7-14 days.
- Makeup can be applied as long as the skin is not broken. Microdermabrasion can be used 7-10 days after your treatment to help with exfoliation if needed.
- Do not use Retin-A®, Renova® (or other retinoid containing products), abrasive or exfoliating sponges/scrubs, glycolic, beta, or alcohol containing solutions for 3 days. Use gentle unscented cleansers to wash and do not rub the skin.
- Protect your skin with a sunscreen of at least SPF 30 every morning before going outdoors for the next 6 weeks to avoid sun induced brown discoloration of the skin.
- To avoid dilation of blood vessels, which decreases the effectiveness of the treatment, avoid hot tubs, hot showers, and exercise for the next 24 hours. Quick, warm showers are recommended.
- If the skin is broken or blister appears, wash gently twice a day and apply an antibiotic ointment. The area(s) should be kept lubricated to prevent crusting or scabbing. Do not pick the area(s) or expose to sunlight. ◦ Hair growth may be impaired in the treated areas.
- If you should have any questions or concerns, feel free to call the office at 480-425-8700.