

## IPL/Photofacial Instructions

Photofacials are a great way to remove sun damage, discoloration, small vessels, tighten the skin, reduce pore size and give you a smooth texture. Although you get impressive results with the first treatment, the maximum effect is after a series of about 5 treatments usually 3 weeks apart.

It is recommended that prior to the treatments you have a microdermabrasion or a series of facial peels to remove the outer layer of dead skin so the treatment can penetrate the skin evenly and be more effective.

Prior to the procedure you should avoid aspirin and anti-inflammatories to decrease the possibility of bruising.

Before we begin the procedure a topical anesthetic cream will be applied to the treatment area. This should remain on your skin for 30-45 minutes before we begin so bring a book or magazine for this wait.

After the treatment:

- Apply cold compress if needed after treatment.
- Wash face with a gentle cleanser (like your medical grade cleanser, Cetaphil or Purpose) for two days after treatment.
- Make up can be applied right after treatment if needed. Mineral makeup is best.
- Wash with cool water. Avoid hot water for the first day.
- Apply moisturizer after washing area.
- Apply sunscreen; use 30 SPF and use it at least twice a day. Avoid sun as much as possible. If planning to be in the sun, wear a hat and sun block that protects from UVA and UVB. This procedure does not prevent outside activities, but you should be vigilant to protect from sun damage
- No aerobic activities for 24 hrs. after Treatment
- If you have brown spots remember they will get darker before they either fade or fall off. This process takes on average 7-10 days.
- Continue to have microdermabrasions or peels between treatments so they can be more effective
- Rarely a blister or a scab may develop after treatment; apply an antibiotic ointment and keep moist, no picking.

**If you have any questions or problems, please contact our office.**