



Laser/IPL Fotofacial Skin Rejuvenation and Toning

Instructions

Note: This treatment may not be performed on skin types V and VI.

Pre-treatment requirements:

- DO NOT tan for four weeks prior to and in between treatments.
- Daily application of SPF30 or higher sunblock to treatment area four weeks prior to treatment.
- Discontinue all Retin-A, Renova, glycolic acids, vitamin C products, and anything else which can be irritating, for 1 week before treatment.
- Do not use tetracyclines, vibramycin, erythromycin, Zithromax, or St. John's Wort for 1 week prior to treatment.
- Tell us if you have taken Accutane within the past six months. No Accutane 1 month before treatment.
- Tell us of any changes in your medical history since your last visit.
- Tell us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit.
- Do NOT use makeup on the day of your treatment.
- If you have a history of cold sores, take your antiviral medication (Acyclovir, Valtrex, Zovirax) on the day before, day of, and day after treatment.

Post treatment requirements:

- Wash area twice daily with a gentle cleanser, cool or tepid water, with your hands only. Pat dry. Cool compresses and cold packs can be used for redness and swelling.
- Do NOT scrub your face, especially where pigmented areas were treated. It is best to let these areas flake off with only gentle cleansing.
- Do NOT take hot showers, baths or saunas for 2 days after treatment.
- Avoid unnecessary sun exposure.
- SPF30 sunblock or higher should be applied **daily** on treated areas and reapplied during the day as necessary.
- Use of Retin-A, Renova, glycolic acids, vitamin C products, and any other potential irritants may be started after all irritation from the procedure resolves.
- Use ice pack or Hydrocortisone Cream for irritated or red areas. Use Polysporin antibiotic ointment on blisters until it dries. Use Aquaphor ointment after it dries.
- Please note how many days that you have redness or peeling so that you can inform your Physician.
- Refrain from vigorous exercise for 2 days after treatment.

Post treatment expectation:

- Pigmented area treated may initially get darker and flake off in 1 - 2 weeks; at that point it may be gone or faded. You may apply moisturizer and make-up over the area.
- For vessels, expect some redness and swelling that may last a few hours to a couple of days. They resolve with time.
- Please call us at the first sign of persistent pain or blistering at **949-499-5311**.