



## INSTENSE PULSED LIGHT PHOTOFACIAL PRE & POST CARE FORM

### Pre Care

- We CANNOT perform the laser treatment on you if you have been tanning, including self-tanners and spraying, 3 weeks prior to your appointment.
- Limit any alcohol and caffeine consumption for 3 days before and after treatments.
- Do not use any products containing Retin-A or Retinol 3 to 7 days prior to treatment.
- Treatment cannot be performed if antibiotics have been taken 7 days prior to treatment.
- Make-up, lotion, sunscreen and deodorants must be removed prior to treatment. Do not wear perfume on the area of treatment.
- Bring a hat or shirt to your appointment if the sun is out, in order to protect treated areas.
- Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin or Aleve aspirin and Ibuprofen for one week prior to your treatment. Inform laser specialist if you are taking blood thinners or regularly take aspirin or ibuprofen. These products can cause bruising.
- Avoid alcohol for 2 days prior to treatment.
- Inform laser specialist if you have taken Accutane (oral acne medication) in the past year.
- 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 24 hours before treatment.

### Post Care

- Following treatment your skin may feel like it has slight sunburn. You may experience erythema (redness), edema (swelling), and some discomfort of the treated areas for several hours or up to 3 days post-treatment. You may experience some purpura (purpleish spots or patches) in treated areas, which would be expected to resolve within several days. If you experience itching after treatment, you may use over the counter topical hydrocortisone cream.
- For redness or swelling, you may use cold or ice packs, 10-minute intervals (10 minutes on, 10 minutes off), as needed for comfort and to relieve swelling.
- Apply a gentle moisturizer immediately after treatment. Use a mild cleanser (such as Cetaphil, Aquinil, or Dove) and a mild moisturizer after the treatment for a few days before resuming your normal skin routine.
- If desired, you may use makeup on the treated area, as long as the skin is not broken, blistered, or irritated.
- Avoid hot baths or showers, aerobic exercise, massage, harsh cleansers, or chemicals on the treated area for 48 hours following treatment.

- We recommend you avoid air travel for 24 hours after your treatment. Care should be taken to prevent trauma to the treated area for the first four or five days following treatment.
- Avoid sun exposure to the treated area for 1 to 2 months following the treatment. Use a broad spectrum of sunblock of at least SPF 25 or higher at all times. Tanning after treatment sessions may enhance melanin regeneration, which may result in hyper-pigmentation or other side effects.
- Rarely, a small blister or scab may form. If this occurs, call our office or contact our office. While waiting for a response, perform gentle washing and apply antibiotic ointment (Bactracin, Polysporin, ect.) to the area unless you are allergic to these medications. Avoid sun exposure. Allow healing naturally, without irritation. Do not try to remove any scabbing.
- Please discuss when you should resume any prescribed medications such as Hydroquinone or Refin A with a physician.

**PLEASE NOTE:**

Protective eyewear is necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call [the med spa] 409-838-7899 office and a physician immediately if I have any questions or concerns.