

Pre and Post Care Instructions

PRE-CARE

- Use sunscreen daily, sunburned or tanned skin cannot be treated.
- Excess hair may need to be shaved. Men should be cleanly shaved 24 hours before treatment. If receiving an IPL treatment, men should also clearly mark their beards and mustaches as this laser treatment can reduce hair to the treated area and cannot be performed safely over this area without risk for hair reduction
- Do not go tanning for 4 weeks or use self-tanner for 2 weeks before treatment.
- Avoid any irritants or sensitizing agents (such as retinol, tretinoin, glycolic or, salicylic acid, benzoyl peroxide, astringents, and Vitamin C) 7 days before treatment. If your skin is irritated please contact our office at least 24 hours prior to your appointment to reschedule.
- If you have an active cold sore/fever blister, canker sore, or shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- Taking an antihistamine (Claritin, Zyrtec, or Loratadine) for 3 days prior to treatment to help reduce post-treatment swelling. You may also continue the antihistamine post-treatment as well until swelling has resolved.
- If possible, please do not wear any makeup prior to your facial treatment.
- If you have recently used the medication Accutane, it is recommended to postpone treatment until at least six months after stopping the medication.
- Women may not be treated while pregnant or breastfeeding.
- Patients actively undergoing chemo or radiation treatment cannot be treated. The patient must be in remission for 6 months to be treated.
- Do inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, and any other medical problems.

POST-CARE

- Bruising, blistering, scabbing, redness, swelling, and changes to the skin's pigmentation may occur. Depending on the client and treatment these issues will subside in 2-7 days for most clients.
- Keep the treatment area clean by using a mild face cleanser- avoiding ingredients with fragrance or chemicals that can be drying or irritating to the skin. Avoid scrubbing the skin. Keep skin moisturized with an emollient.
- Continue sun precautions and use sunscreen daily with an SPF of 30 or higher, preferably a mineral sunscreen. Sunscreen needs to contain Zinc Oxide.
- Avoid the sun for at least 2 weeks or continuously between treatment intervals.
- To reduce the risk of swelling, consider taking over-the-counter Arnica supplements if not contraindicated with your current medication regimen (available online, at most supplement stores, at [Clinic Name], Whole Foods, etc). Start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- Apply Preparation H (if you have a tube, purchase a new one) to the treatment area 1-2 times a day to help resolve swelling.
- Do not use TNS Essential Serum for 3-5 days post-treatment.
- Recommend that the patient keep the treatment area clean by gently wiping with micellar cleansing water or towelettes for 3-5 days post-treatment. Garnier carries this product as does Lancome, Simple, Nivea, and Bioderma. All found in drugstores.
- Keep skin moist with an emollient such as Cerave or Aquaphor.
- Avoid abrasive scrubbing of the skin until the swelling is resolved.
- Photofacial (IPL): Sunscreen and Mineral makeup can be worn immediately post-treatment.
- ResurFX: Avoid makeup until days 2-3. Mineral makeup is preferred.
- For best results, please schedule:
 - IPL: "Photofacial" must be repeated in 4-6 week intervals averaging 4-6 treatments

(Photofacial) IPL