

## Pre and Post Care Instructions

### PRE-CARE

- Use sunscreen daily, sunburned, or tanned skin cannot be treated.
- Avoid any form of antibiotics 2 weeks before your treatment.
- 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. 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

- Keep the treated area dry for 24 hours.
- Avoid the sun for at least 2 weeks or continuously between treatment intervals.
- Keep skin moist with an emollient such as Cerave or Aquaphor.
- Avoid exercising or strenuous activities for 3 - 7 days that can cause irritation on the treated area.
- Avoidance of steam or sauna for 7 days - 2 weeks post-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.
- Continue sun precautions and use sunscreen daily with an SPF of 30 or higher, preferably a mineral sunscreen. Sunscreen needs to contain Zinc Oxide.
- 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.
- 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.
- 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
  - ResurFX: "Fractional" must be repeated in 6-week intervals averaging 3-5 treatments
  - Combination: "Photofractional" must be repeated in 6-week intervals averaging 3-5 Treatments