

# the Los Feliz MedSpa

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## IPL PHOTOFACIAL Pre/Post Treatment Instructions

All make-up and lotions need to be removed before treatment. We provide cleanser and headbands for this purpose. Make-up can be applied after treatment. To provide you with comfort and safety, please read the following sets of instructions.

### Before Treatment

- No Accutane use for 6 months prior to treatment.
- No sun exposure to the areas being treated for 4-6 weeks before treatment. No self tanning products for 2 weeks prior to treatment. If you are currently tan, you will need to postpone your first treatment.
- Avoid aspirin, Advil, Motrin, or any other aspirin containing products for at least one week prior to procedure. This will help minimize possible bruising.
- No new medications should be taken for at least two weeks prior to treatment. Please notify us if you must take a new medication prior to treatment.
- Stop all Retin-A, Retinol, Renova, Glycolics, Hydroquinone, Tetracycline, Minocin Bleaching creams, and Exfoliants 3-4 days prior to treatment.
- You cannot be pregnant or breast feeding to receive treatment.

### Cold Sores (Herpes)

If you have a history of cold sores, we recommend pre-treating with an anti-viral three days before your scheduled visit. Please notify us if you require a prescription for this condition. If you have a current prescription, medication should be taken twice daily on the day before, the day of, and the day after treatment.

### NUMBING CREAM

If you have elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use. **Apply at least 30 - 60 minutes prior to arrival.** Apply a thin layer of product over entire area to be treated.

### After Treatment

- You will have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild bruising and/or slight edema (swelling) is normal and may last a few days. Treated area will usually darken after treatments. Pigmented areas may begin to flake after a few days.
- Cold compresses (not ice) and recommended skin care products may be useful to reduce swelling or discomfort. You may take over-the-counter pain or anti-inflammatory medication. Hydrocortisone (steroid) cream may decrease any itching or skin irritation. Antibiotic ointment (such as Neosporin) may be used if skin is broken, to prevent infection.
- Your skin will be fragile for 2-3 days. Use gentle cleansers, but do not rub the skin vigorously and avoid hot water during this time. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- It is important to avoid sun exposure and tanning creams between treatments. Use of sunscreen (at least SPF 25), protective clothing and sunglasses are essential prior to, in-between, and following your series of treatment.
- Avoid irritants such as Retin-A, Retinol, Renova, Glycolics, Bleaching creams, and Exfoliants for one week.
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools or baths, but showers are okay.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.

### Follow Up

- Consistent repeated treatments will produce best results for photo damaged skin, fine lines, acne scars, rosacea, etc. Microdermabrasion and other treatments can be done in between your IPL treatments. Ask your medical provider what treatment program would benefit you.