

# Photofacial Therapy

The Intense Pulsed Light (IPL) photofacial is a revolutionary method of laser rejuvenation that improves your skin's texture, tone and appearance. A series of photofacial treatments, under the care of our trained registered nurse, will diminish flushing or redness associated with Rosacea, reduce hyperpigmentation associated with sun damage and age, erase broken capillaries and smooth roughly textured skin. The IPL therapy also stimulates new collagen to form, thereby reducing fine lines, minimizing pore size and mild acne scarring, and increasing skin elasticity. During the IPL series you will notice imperfections fade away as a more radiant, healthier and clearer complexion appears.

## Pre-Treatment Instructions

- Avoid Acutane for 6-9 months prior to treatment.
- Avoid tanning or prolonged sun exposure for 4 full weeks prior to treatment. This allows proper laser adjustment to your specific skin type.
- You may not undergo treatment if you are pregnant or breastfeeding.
- Avoid chemical or mechanical irritants 1 week prior to treatment.
- If you have had a chemical peel or injections (Juvaderm, Radiesse, Botox, etc.) in the area you will have treated, avoid IPL laser treatments for at least 2 weeks.
- Refrain from using exfoliants like Retin A and Glycolic Acid in the area to be treated for 1 week before treatment.
- Advise the nurse if you have any of the following issues:
  - History of keloid formation
  - Excessive scarring or poor healing (due to Diabetes or other conditions)
  - Recurrent viral infections like herpes simplex (cold sores) or varicella (shingles), which may be activated by the laser treatment
  - Tattoos or permanent makeup; these may be altered by the treatment
- If you have a history of oral herpes you must pre-treat with an anti-viral 3 days before your visit.
- On the day of treatment, do not apply lotion, makeup, deodorant, perfume or sunscreen to the area to be treated. The area should be clean to avoid interference with the laser.

## Post-Treatment Instructions

- Redness, swelling, itching and burning may occur for a few minutes up to 48 hours after treatment. You may apply Aloe Vera or a cold compress to help reduce these effects and provide comfort.
- Avoid direct sunlight and use sunscreen with SPF 35 or higher.
- Do not apply makeup until the area has reduced in redness.
- Avoid hot showers for 24 hours. Use cool water and gentle cleansers for 48 hours.
- Small scabs may appear 24-48 hours after treatment. Keep these areas well moisturized and allow them to fall off on their own.
- Avoid the use of exfoliants for 1 week after treatment.
- Avoid acid peels and microdermabrasion for 2 weeks after treatment.
- Dermal fillers and other injectables should be avoided for 2 week after treatment.
- Avoid chemical or mechanical irritants 1 week after treatment.

*If you have any questions or concerns, please don't hesitate to call the nurse.*