

## Intense Pulsed Light (IPL)/Lumecca

Welcome to The Med Spa at Vision Dermatology.

Thank you for trusting us with your restorative care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health. The following instructions will assist in achieving the best results from IPL (Intense Pulsed Light)/Lumecca Photo Rejuvenation treatments.

Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment. You may email [medspa@visiondermatology.com](mailto:medspa@visiondermatology.com) or text/call 919-439-1909 with any questions.

It is recommended that you seek medical attention from your family physician or dermatologist if you have concerns about specific skin lesions or changes prior to beginning IPL sessions.

### Pre Treatment Instructions:

- Please reveal any medical conditions that may be of significance to the Photo Rejuvenation procedure — such as pregnancy, cold sore and fever blister tendencies, any type of allergy, and all current medications (including both prescriptions and over-the-counter products) such as Accutane, tetracycline, hormone replacement therapy, or use of Retin-A.
- Do not use self-tanning lotions or tanning booths two weeks prior to your treatment. Do not sunbathe for 4 to 6 weeks prior to your appointment. Any patient arriving with a tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- Do not use any irritating skin care products such as Retin-A (tretinoin) or any face cream supplement that contains Glyquin for one week prior to treatment. Environ products which contain the esterized (fat) form of Vitamin A (Retinyl Palmitate) MAY be continued
- Do not use an exfoliant in the area for 1 week prior to treatment.
- If you have a history of fever blisters, notify Dr. Spector. We will write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up of cold sores. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.
- Drink 8-10 glasses of water daily to keep your skin hydrated.

Intense Pulsed Light (IPL)/Lumecca Post-Treatment Instructions: ● Please be advised that you may expect a certain degree of discomfort, redness, and/or irritation during and after treatment. If any discomfort or irritation persists, please notify the clinic at 919-417-5455 or [medspa@visiondermatology.com](mailto:medspa@visiondermatology.com)

- Age spots and freckles may temporarily turn darker, then slough off within 3-7 days. This is a desired effect.
- There is a possibility of blisters and skin sloughing following treatment; this is normal.
- You may have mild swelling for 1-3 days after your treatment. Please apply an icepack to the irritated area for 1-2 days in approximately 15 minute sessions 3-4 times per day.
- Redness for 2-3 days is common. You may apply hydrocortisone cream 3-4 times per day to reduce this. Makeup can be applied soon after treatment.
- If you should develop any open sores, apply over-the-counter antibiotic ointment to those areas 2-3 times daily until healed.
- Avoid prolonged sun exposure or use of tanning bed for at least two weeks after your treatment, as your skin will be more sensitive to the sun after your Photo Rejuvenation treatment.
- Use a minimum of SPF 30 daily to protect your skin after your treatment.
- Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 4 to 6 weeks after treatments.
- You must notify us if you have had any cosmetic tattooing on or near the area to be treated.
- Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.
- Anticipate a social “down-time” of 2-5 days before any redness, swelling and sloughing of the sunspot