



CLEAR DERMATOLOGY

IPL Photofacial Treatment Instructions

BEFORE TREATMENT

- Do not tan or use self-tanner for 4 weeks prior to treatment
- Shave any hair in area to be treated. Note that hair loss in the treated area is a potential side effect.
- If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication
- No Accutane 6 months prior to treatment

AFTER TREATMENT

- You may have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild bruising and/or slight swelling is normal and may last a couple days.
- Cold compresses can be used for comfort if needed. Hydrocortisone (steroid) cream may decrease any itching or skin irritation.
- Your skin will be fragile for 2-3 days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously. 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 a broad spectrum (UVA/UVB) sunblock SPF 30 or greater at all times. It should be reapplied every 2 hours if outside. A hat is also strongly recommended.
- The brown spots (freckles, sunspots) will darken after treatment. Crusting of the skin can form. These spots usually fade away or flake off in 10-14 days. Do not pick or rub lesions, let them fall off naturally.
- Avoid irritants such as Retin-A, Retinol, Renova, Differin, Tazorac, glycolics, bleaching creams and exfoliants for 1 week.
- Avoid chemical peels, facials, and microdermabrasion for 1 week.

FOLLOW UP TREATMENTS

- Follow up treatments should be scheduled every 4-6 weeks.
- Consistent treatments will produce the best results. For pigmentation, 1-2 treatments may be all that is necessary, but results are not permanent and pigment may recur over time. For redness, it may take 3 or more treatments for optimal results.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. We are happy to speak with you any time at (310) 540-5272.