



Treatment Instructions for IPL Photo Skin Rejuvenation

Disclaimer: You are not a candidate if you are pregnant, breast feeding or have open sores in the treatment area.

Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
- Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
- Discontinue Accutane 4-6 months prior to treatment.
- Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider). For male patients, you may experience hair loss if you opt for a treatment where your beard exists.
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
- Avoid Botox at least 1 week prior and 1 week after treatment.
- Avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.

- **Consider taking Arnica tablets 1 week prior to treatment to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

- Avoid excessive sun exposure 2 weeks post treatment.
- Apply your ComplexCity sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
- For cleansing the skin, we recommend you use the Rose Hip Seed Cleanser available for purchase at reception. Use your fingertips only, in a gentle motion and pat dry. Do so until the skin is healed.
- Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.)
- Do not shave the treated area until the skin is completely healed.

What To Expect:

- You may experience some mild swelling, redness and crusting after treatment that can last up to 5 days, and longer in rare cases.
- You may require multiple treatments to achieve optimal results, in which case there will be an additional charge. Patient skin conditions and skin types vary, as do the recommended number of treatments.