

## **Lumecca (IPL) Pre and Post Treatment Instructions and What to Expect**

### ***Pre Treatment***

- Avoid skin irritation or intentional skin tanning for at least 2 weeks prior to your appointment. Sun-screen is necessary when outdoors during daylight hours.
- Discontinue any irritant topical agents for 1 week prior to treatment-such as retinol, AHAs/BHAs, and Vitamin C.
- You should not be freshly tanned or using sunless tanner.
- If you are treating an area such as legs, or if you have dark hair on the area being treated, you should shave the area being treated prior to the scheduled treatment (preferably the night before).
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.

### ***Post Treatment***

- Wear sunscreen of SPF 30 or greater at all times

### ***What to Expect After Treatment***

- Redness and a slight warming of the skin are normal after treatment and usually subsides within an hour.
- Over the next 24-48 hours you may see a darkening of pigmented spots; in the week afterward the pigmented lesions flake off, leading to a more even skin tone
- Do not use any skin irritating products, do not exfoliate your skin, do not do skin peels, or anything that could cause injury to the skin for at least 1 week after treatment.
- Sun damage and skin complexion results can be seen a few days to weeks after the first session. The skin will continue to look younger and more brilliant over time with most visible results after 1-2 weeks. Having multiple photofacial sessions will improve the final result