

INSTRUCTIONS FOR IPL (PHOTOFACIAL) LASER TREATMENTS:

Before your treatment:

1. No sun exposure or use of tanning products 1 month prior to treatment and during the course of treatment. If you are tan, please postpone your treatment.
2. Please inform us if you are taking any tetracycline based medications including doxycycline and minocycline. You must stop these medications 3 days prior to treatment. If you have questions about other medications, please ask.
3. For our male patients: this laser targets red and brown pigment. It may target beard hair as well. If you are concerned over losing hair in the beard area, please inform our nurse to avoid this area during your treatment session.
4. Please inform us if you have taken isotretinoin (Accutane) in the past 6 months.
5. Discontinue all retinoid based products and glycolic products 3 days prior to treatment. Some common retinoic acid products include: Differin, Retin A, Renova, Tazorac, Veltin, Ziana, and Atralin.
6. On the day of the treatment, please come with a clean face, wearing no makeup.
7. Typically, you will need 3-5 treatments to achieve 50% improvement. The treatments are spaced 1 month apart.

After your treatment:

1. You will notice your brown spots are darker and your face will be a bit red immediately after your treatment. Typically, the redness fades in 24-48 hours while the brown spots will continue to darken. After 7-10 days the brown spots will begin to peel and fade away. This is normal.
2. Wear sunscreen daily and reapply frequently. Avoid sun as much as possible. Wear a hat if you must be outside for extended periods.
3. Avoid any irritating topical agents (retinoids, glycolics) for 1 week after your treatment.
4. You may wear makeup immediately after the treatment.

INSTRUCTIONS FOR V-BEAM TREATMENTS

Before your treatment:

1. No sun exposure or use of tanning products prior to treatment.
2. Please inform us if you have taken isotretinoin (Accutane) in the past 6 months.
3. Come with a clean face to the office. If this is not possible, inform our staff that you are wearing makeup.
4. Follow up treatments are monthly and average about 5 treatments to achieve 50% improvement.

After your treatment:

1. Swelling is normal and expected. It typically lasts 3 days. You may take an antihistamine like Zyrtec to minimize any swelling that has occurred.
2. Bruising can also occur. It typically lasts for 5-7 days.

