CATALEYA AESTHETICS

Lumecca Photofacial (IPL) Patient Instructions

Pre-Procedure Care and Considerations:

* Avoid tanning treatment area 3-4 weeks prior to your procedure (including self-tanner).
* Use sunblock with at least SPF 30 every day for 3-4 weeks prior to your procedure.
* If you have history of cold sores (HSV), please inform Dr. Reyes-Villa so that prophylaxis can be initiated before your treatment. If you already have Valtrex prescription, take 500 mg twice per day one day before, on the day of, and one day after your treatment.
* Stop using any retinol products (or products containing tretinoin) or exfoliants 7 days before your treatment.
* If you are taking Accutane, IPL can be done 6 months AFTER the medication is stopped.
* If you are taking Doxycycline or Minocycline, IPL can be done 3 days AFTER the medication is stopped.
* If you are taking anti-coagulants, discuss with your healthcare provider if it is safe to stop them 5-7 days before your procedure.
* IPL is not recommended if you are pregnant or breastfeeding.

Post-Procedure Care and Considerations:

* It is normal to have erythema (redness) and slight swelling after the procedure for 1-2 days.

You might experience mild burning sensation on your skin similar to sunburn.

* Aloe Vera gel, moisturizing lotion, sunblock and make up may be applied immediately after the treatment.
* Ask us about *Epionce* Essential Recovery Kit – we highly recommend it after your treatment!
* Within 1-2 days, your sun spots/freckles/age spots will become darker and resemble coffee grounds in color. That is normal. The spots will painlessly flake off in about 10-14 days.
* Rosacea and broken capillaries might take 1-4 weeks to fade.
* It is recommended that you use sun screen every day to avoid damage to your newly treated, sensitive skin for at least 2 weeks. In general, using sun screen regularly will prevent sun damage, delay the appearance and reappearance of sun spots and freckles, and slow down the aging process.
* Avoid strenuous exercise, sauna, or anything else that can induce heavy perspiration for about 24 hours to keep your treated area dry and prevent infection.
* Do not use any retinoids, tretinoins, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week.
* Although side effects are rare, you might experience bruising, blistering and/or scabbing. If lesions occur, you may apply topical antibiotic ointment such as triple ointment or bacitracin (available over the counter) three times per day until lesions heal. Please call the office if you develop those rare side effects at (408) 629-7097

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Name (please print)

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Signature Date