



# MERIDIAN AESTHETICS AND WELLNESS

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## **ICON IPL AND LASER TREATMENT PRE AND POST INSTRUCTIONS**

### Pre Treatment Instructions:

Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 2 to 3 weeks before and after treatments. Do not use any retinol products, tretinoin products, or exfoliants on the area to be treated the week before treatment. Avoid Accutane (isotretinoin) for 6 months prior. Let us know if you have a history of hyperpigmentation. You may need a prescription for a prophylactic antiviral therapy treatment to prevent a flare up of cold sores if this is an issue. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment. You must notify us if you have had any cosmetic tattooing on or near the area to be treated. Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.

### On the day of your appointment:

Arrive to your appointment with a clean face, free of makeup. A topical numbing cream may be applied in office if needed. Except for 1540 Laser resurfacing clients, you may want to bring a moisturizer and sun block you prefer to the office the day of treatment.

### Post Treatment Instructions:

The sunburned feeling and swelling usually last 2-24 hours, but can last beyond 72 hours in some cases. Applying ice packs will give relief and reduce the swelling duration. The redness will last a 2-3 days and your skin will be fragile. Do not rub the skin and avoid hot water during this time. Do not use your facial brush or a loofah for one week. Avoid excessive heat or friction to the treated area (heavy exercise, saunas, hot showers, steam rooms) for one week. The skin may itch and tingle when dry, so avoid overheating.

#### For IPL/Photofacial clients:

We recommend your use moisturizer after IPL/photofacials. Gentle, non-occluding powder makeup can be applied after IPL/photofacials. We recommend you use sunscreen daily, and you may apply before you leave the office. Crusting or spots may occur and typically resolves in 1-4 weeks. Pigmented areas may begin to flake after a few days. Cold compresses may be useful for the first 24 hours. Sun spots and age spots will DARKEN with the IPL treatments BEFORE they begin to respond and resolve. Some spots may look initially raised with a red border. This is expected and a normal part of the IPL process. Do not pick these spots once they become dry. They will lift and fall off on their own. Spots usually fully heal in 21-30 days and continue to fade over the next 6-8 weeks. We recommend after your redness has calmed down, to use an SPF 45 or greater UVA/UVB sun block daily with zinc or titanium oxide to prevent damage to repairing skin.



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### For Vascular lesion clients:

The vessels treated may undergo immediate graying or blanching, or they may have a red or purple color change. The vessels will fully or partially fade in 10-14 days. Avoid make-up, excessive heat, hot tubs, swimming in pools with chemicals, sun exposure, and aggressive scrubbing or exfoliation until redness resolves. Avoid exercise for 24-48 hours post treatment. We recommend after your redness has calmed down, to use an SPF 45 or greater UVA/UVB sun block daily with zinc or titanium oxide to prevent damage to repairing skin.

### For 1540 Laser skin resurfacing clients:

You should not use any products on your skin 24 hours. No makeup, moisturizers, or other products for 24 hours after laser skin resurfacing, since this can cause breakouts and skin irritation. After 24 hrs, you may use a non occlusive lotion. Aquaphor can be used after a few days to prevent skin from drying out. Drying can worsen peeling, crusting, and itching. Avoid the sun for at least 2 weeks or longer if your skin is still sensitive. We recommend after your redness has calmed down, to use an SPF 45 or greater UVA/UVB sun block daily with zinc or titanium oxide to prevent damage to repairing skin. Some clients may experience "bronzing" and debris build up. You may use a wet washcloth or gauze to gently remove debris. If treating stretch marks, avoid tight-fitting clothes around the treated areas for 3 months after laser treatment.

Please contact us as soon as possible if you experience any blistering or increase pain. Contact us if you are concerned about infection. If any pigment changes are bothersome or persist beyond 4 weeks, please contact us at 410-398-3041.

I have reviewed and understood the Pre and Post Treatment Instructions for Fractional Resurfacing/IPL.

Print Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ DATE \_\_\_\_\_