

YOUR COMPLIANCE PRE-SKIN REJUVENATION TREATMENT

1. Discontinue Accutane or any related oral acne medication six (6) months prior to treatment.
2. Discontinue use of Retinoic Acid products two (2) weeks prior to treatment.
3. Avoid sun exposure or the use of tanning beds and self tanners for at least four (4) weeks prior and/or between IPL/Laser treatments if skin type I-II-III and at least eight (8) weeks if skin type IV-V.
4. Report all skin diseases, viruses, infections, cold sores, eczema, allergies, rashes, if skin is red, irritated or sunburned, the IPL/Laser treatment must be rescheduled..
5. Do not exfoliate with glycolic acid, AHAs, BHAs or use products containing alcohol, benzyl peroxide, vitamin C or A, scrubs or any other skin irritants for one (1) week prior to treatment.
6. Avoid microdermabrasions or peels for two (2) week prior to treatment.
7. Report all medications (prescription or herbal) taken within the week of the treatment.
8. If you are planning to have Botox or fillers injected into your face, wait at least two (2) weeks before getting IPL/Laser treatment.

YOUR COMPLIANCE POST-SKIN REJUVENATION TREATMENT

1. After treatment, a mild sunburn sensation may be experienced. A “cold pack” may be placed over the area to reduce redness or any swelling for the first 2-3 days. Discomfort is usually minimal but Tylenol can be taken for discomfort and swelling if required.
2. Avoid direct sunlight, tanning beds or self tanners for at least two (2) weeks after a treatment - **absolutely NO SUN TANNING during the treatment process.** Apply sun protective lotion of SPF 20+ 15 minutes prior to any sun exposure. Keep reapplying as needed throughout the day. Consider using protective cotton gloves for driving and a hat to protect the skin after treatment.
3. If scabs or blisters develop, make-up should not be used for three (3) to four (4) days as it may make the condition worse. You can use an antibiotic ointment on the affected area to speed up healing.
4. For at least one (1) week post skin rejuvenation treatment, do not use harsh topical exfoliators such as glycolic acid, AHAs, BHAs or products containing alcohol, benzyl peroxide, vitamin C or A, scrubs or any other skin irritants.
5. For one (1) week post treatment use mild milk/cream cleanser, Aloe gel, SPF 20+ and antibiotic ointment (twice daily if needed).
6. Avoid touching, rubbing, peeling or picking of the skin as this may cause hyperpigmentation or scarring.
7. For one (1) week, avoid chlorine, hot baths, hot showers, hot tubs, saunas, steam facials as heat and chlorine will irritate treated skin. Use tepid water. Pat skin dry after washing and showering.
8. Avoid strenuous exercise for three (3) days following clinical treatment.

HOT AND HUMID WEATHER CONDITIONS CAN AGGRAVATE SKIN IN THE PERIOD IMMEDIATELY BEFORE AND AFTER TREATMENT.

Failure to comply with these instructions may result in adverse skin reaction after Skin Rejuvenation IPL/Laser treatment. Possible side effects resulting from lack of compliance are as follows: hyperpigmentation, hypopigmentation, skin burning or scarring.

If you have any questions or concerns please do not hesitate to contact us at 289.775.5639.