

## PhotoRejuvenation or IPL Before and After Treatment Instructions

PhotoRejuvenation is a non-invasive treatment that dramatically improves a variety of facial concerns. The IPL or Intense Pulse Light, helps promote collagen production beneath the surface of the skin, decreases pigmentation, improves skin tone, reduces pore size and enhances the skin's texture. IPL also helps reduce redness and scarring after surgery.

Photorejuvenation involves the use of pulsed light to stimulate the production of the body's own collagen. It is ideal for women and men of all skin types who desire improvement in fine lines, wrinkles, facial spider veins, texture, blemishes, and brown spots.

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### The Process

1. Eye protection will be provided
2. A mild sunburn-like sensation is to be expected. This usually lasts 2-24 hours, but can persist up to 72 hours.
3. Mild swelling and redness may occur after treatment, but is usually resolved in 3-4 days.
4. Pigmented areas will gradually turn darker over the next 24-48 hours. They may turn dark brown or even black.
5. The brown spots will eventually start to crust and flake off within 3-4 days. Spots **MUST** not be forced off. Vaseline or Aquaphor can be applied if scabbing occurs.

### Pre-Treatment Instructions

1. Do not expose skin to the sun 2 weeks prior to treatment.
2. Do not apply any artificial tanning creams 4 weeks prior to treatment.
3. Do not apply any numbing creams to the skin prior to treatment.
4. Accutane must be discontinued 1 year prior to treatment.

### Post-Treatment Instructions

1. Do not increase your body temperature for 24 hours after the treatment. **STAY COOL.**
2. Sleep slightly elevated to reduce swelling under your eyes.
3. If a scab is present you **MUST** apply Vaseline or Aquaphor to the treated area until the skin is healed.
4. Do not apply any Retin-A creams, Alpha-Hydroxy acids, such as Salicylic and Glycolic, to the treated area for one week.
5. If any blisters should occur, only Vaseline or Aquaphor may be applied to the area.
6. Avoid sun exposure to any treated areas. Daily application of a UVA/UVB SPF 30 or higher is strongly recommended and may be purchased here in the office.

### Maintenance

To maintain your results from the IPL treatment we recommend using a skincare product that targets pigment damage. This can be purchased here and is to be used once daily. We also recommend facial treatments yearly in our medical spa that will reduce pigment damage.