



## Photo Rejuvenation Treatment Instructions

Clear MedSpa  
202 Rock Creek Parkway  
Fairhope, AL 36532

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### Prior to Procedure:

1. Avoid sun exposure and tanning bed for 6 weeks prior to and after treatments.
2. TAN SKIN CANNOT BE TREATED WITH THE IPL! If treated, you may develop hyper/hypopigmentation which may last 3-6 months or be permanent.
3. Artificial tanning products must be discontinued 2 weeks prior to treatments.
4. You may apply numbing cream 1 hour prior to the treatment to reduce discomfort.
5. If you have a history of cold sores or herpes, prophylactic antiviral therapy may be started prior to treatment and continued for one week after treatment.
6. Certain medications may cause photosensitivity and will be discussed with you prior to treatment. Must be off Accutane and Gold therapy for 6 months before treatment.
7. Avoid irritants (Retin-A, glycolics, etc.) for 7 days before and after treatment.

### Day of Procedures:

1. You may feel like you have an intense sunburn which is usually more noticeable right after the treatment. This will usually subside within a few hours. Application of Aloe Vera gel or cool compresses/ice packs may be helpful.
2. Your skin may appear very red or pink. Dark spots that were present before treatment will start to darken over a few hours to several days post treatment.
3. Blistering may occur immediately or within a few days post treatment. **DO NOT Pick, Scratch, or Disturb blisters in any way. Doing so can cause scarring.** Application of polysporin (available OTC) and prescription hydrocortisone cream should be applied. For best cosmetic results just let them heal.
4. If aminolevulinic acid (ALA) is added to your treatment, it is strongly advised to apply ice packs immediately following the procedure (20 minutes, 2-3 times minimum) **to prevent significant swelling.** Apply hydrocortisone cream (Locoid, Elocon) to entire treatment area prior to bedtime on day of treatment. **Strict avoidance of the sun for 48 to 72 hours is necessary to prevent a phototoxic reaction. A wide brim hat with heavy sunscreen containing SPF 30 is strongly encouraged. May need to sleep with head elevated for 1-2 nights to reduce swelling.**

### Day 2-14 Post Procedure:

1. Changes in the skin will become more noticeable (dark spots will get darker and red spots will get redder). You may also bruise or notice some purple discoloration of your skin. Arnica gel (available at health food store) will speed up recover of bruising.
2. The dark dirty sun burnt appearance will last anywhere from 7 to 14 days depending on the area that was treated.
3. For best cosmetic result: DO NOT pick, scrub or pull scabs from your skin.
4. Mild swelling is expected and even severe swelling can occur in some cases. This will subside in 2-4 days. Ice packs and sleeping with your head elevated will help decrease swelling.
5. Harsh abrasive chemicals such as: Glycolic, Retinol, Retin A, and Renova creams should be avoided. They may be restarted after 3 days if redness and irritation are not present. Use a mild gentle cleanser like Cetaphil (available OTC) to remove makeup/sunscreen.
6. Keep your skin hydrated with moisturizers like Aquaphor, Cetaphil or Eucerin. If itching occurs an OTC hydrocortisone cream can be applied. DO NOT SCRATCH.

7. Protect your investment: **Apply sunscreen with an SPF of 30 everyday post treatment.**