

EILOPOULOS

PLASTIC SURGERY & MED SPA

Pre-Treatment Care: IPL

- Do not expose the area to be treated to the sun, self tanning lotions or a tanning bed for two weeks prior to treatment. The Photorejuvenation cannot be used on tanned or very dark skin.
- Wear sunblock that protects from both UVA and UVB rays daily on the area being treated for at least two weeks prior to your treatment and for the duration of your treatments. Be sure that the sunblock base is either titanium oxide or zinc oxide.
- Do not shave, wax or use depilatories on the area to be treated prior to your consultation or between treatments.
- Do not take ASPIRIN for at least ten days prior to each treatment.
- If you are prone to cold sores you must start a prescription of Valtrex two days prior to the treatment, the day of the treatment and two days post treatment. Please let the office know if you have a history of cold sores so that a prescription of Valtrex can be called in for you.
- Photorejuvenation cannot be used on people who are pregnant or nursing.
- If using **Retin-A**, discontinue use on the area to be treated **2 weeks** before treatment and do not resume until you have completed your course of Photorejuvenation treatments.
- Do not use any skincare products that contain **glycolic acid** or other “**fruit acid exfoliants**” for **three days** before and after each treatment.
- Discontinue use of **Retinol** and **EpiQuin Micro** 3 days before treatments.
- You may be advised to begin a regimen using **Hydroquinone** (a skin bleacher) prior to beginning your treatment series. However you **must stop** using skin products with **Hydroquinone 7-10 days** prior to treatment and during treatment series
- Abstain from alcohol for 24 hours prior to and after each treatment.
- Decreased vascularity to the extremities will increase the potential for ulceration and impede healing. For these reasons, diabetic patients may not be appropriate candidates for photorejuvenation. At the time of consultation, we will determine if you are an appropriate candidate, based on the areas to be treated.
- Patients report that the treatment feels like a rubber band snap. The level of discomfort during treatment ranges from mild to moderate and a burning sensation may last for up to one hour

following treatment. A very small percentage of patients may choose to use a topical anesthetic which is applied 45 minutes prior to their treatment time.

- Treatment over hair bearing area, such as in the area of a man's beard growth can result in temporary hair loss. This will be discussed with you if applicable to your treatment.

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Center for Plastic Surgery

Post-Treatment Care: IPL

- The skin that has been treated should be handled gently for four (4) to five (5) days following treatment. Remember no skin care products that contain glycolic or other acid exfoliants for three (3) days before and after each treatment. Care should be taken to prevent irritation. Avoid harsh rubbing of treated area for 24 hours. **DO NOT** shave, wax or use depilatories between treatments.
- Avoid exposure to sunlight during the treatment period. Patients must continue to use a sunblock throughout the treatment period and for at least one month following treatment. Be sure that the sun block base is either titanium oxide or zinc oxide. Tanning increases the concentration of melanin, which increases the risk of hyperpigmentation or burning from the treatment.
- Rarely a crust or blister may occur. This is superficial and should not result in any scarring. If this occurs treat it like a sunburn or any other blister. **If the skin is broken or a blister appears, apply Bacitracin antibiotic ointment and contact the office: 978-275-9440**
- Patients may experience minor swelling immediately after treatment. This is temporary and not harmful. Ice packs or soaks may be used to ease any swelling or discomfort.
- Makeup can be applied as long as the skin is not broken. Makeup will also serve as an additional sunblock. Because skin is more sensitive after treatments, be careful removing makeup so as not to damage the skin.
- Do not take aspirin for ten (10) days following treatment.
- Care should be taken to prevent trauma to the treated area for the first 4-5 days following treatment: no hot bath, no aerobic exercise, massage, rough sports, etc.
- Each patient should return for a re-examination of the treated area at the recommended time. Additional treatments may be given at the appropriate time interval for the area treated, typically 3 weeks.
- Pigmented lesions may become darker and begin to slough off for up to fourteen (14) days following a treatment. Transient erythema/edema may appear immediately following a treatment.

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