



Sun damage treatment pre care:

As we age, our skin begins to show signs of sun damage, discoloration, and an overall lackluster appearance. An IPL photofacial is a skin rejuvenation treatment that is highly effective at reducing the appearance of certain imperfections and restoring a healthy, glowing complexion. It is a quick and convenient cosmetic procedure that doesn't require any downtime. While some patients experience skin improvements shortly after their IPL treatment, most of the changes are more evident in 2 – 4 weeks.

- Avoid sun exposure. Apply sunscreen daily and do not tan. Avoid sun exposure for at least two weeks post treatment. Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior.
- Do not spray tan for 2 to 4 weeks before treatment
- Pre-treating the skin with a Pigment Inhibitor is highly recommended: ZO Retinol Skin Brightener or Pigment Control cream (contains 4% Hydroquinone)

Sun damage treatment post care:

After your sun damage laser treatment, you MAY experience:

- Slight bruising, which will take 1 – 2 weeks to dissipate
- Age spots and freckles looking darker for the first 3 – 7 days, which is normal
- Skin becoming crusty or flaky, which may last 7 – 10 days

- Avoid direct sun exposure and wear daily sunscreen of SPF 30. Treated skin will be sensitive to the sun after an IPL treatment, which could result in a painful sunburn. It is recommended to cover up and wear a large-brimmed hat for at least a week after each session.
- Patients must keep their skin moisturized at all times. As the skin heals from an IPL treatment, it will start to dry out and peel a little. Apply a thick moisturizing cream in the morning and at night. Makeup can be worn 24 – 48 hours after treatment, as long as it is applied and removed gently.
- Use a gentle cleanser with warm water at least twice a day during the healing process. Patients should also avoid skin care products that contain benzoyl peroxide, Retin-A, Retinol, or glycolic acids.
- Do not scratch or pick at blemishes that will surface. Allow them to heal and naturally flake off.
- Avoid strenuous exercising, hot baths, showers, or hot tubs for at least 48 hours. Overheating the skin in the first 24 – 48 hours can alter the final results.