



## **Pre & Post Treatment Instructions Photo Rejuvenation & Sun Spot (IPL) Treatment**

### **BEFORE your treatment:**

- Avoid sun exposure, self-tanning products and tanning beds for at least two weeks prior to IPL treatment.
- Please remove all jewelry.
- Wear loose clothing.
- Your sunspot removal may include one to four treatments spaced four weeks apart. Dr. Lynch will present a treatment plan for you upon consultation and evaluation of your response to the laser/light (IPL) system.
- A cold roller will be used to make the treatment more comfortable.
- You may resume normal daily activities immediately following your laser treatment.

### **AFTER your Treatment (*follow for one week after each treatment*):**

- The IPL treated area may look crusty or like particles of dirt where the spot was treated. The area should be cared for as a burn, some crusting may occur and should heal in 7-10 days.
- Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as the area is red and/or swollen.
- Avoid all sun exposure, self-tanning products and tanning beds between laser treatments.
- Apply a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher daily to the treated area if in the sun for at least six months following the laser treatment. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**
- Avoid hot tubs and/or swimming pools while skin is red or swollen as chemicals can cause infection.

**Any questions/ concerns – call our office at 480-800-8346**

