



Pre & Post Treatment Instructions Facial Veins, Redness, Angioma Treatments

BEFORE your treatment:

- Avoid sun exposure and tanning beds for at least two weeks prior to Intense Pulsed Light (IPL) treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Your laser procedure may include four or five laser appointments. Dr. Lynch will present a treatment plan for you upon consultation and evaluation of your response to the IPL system.
- Please discontinue the following products two weeks prior to each procedure: Aspirin, Motrin, Aleve, Ibuprofen, Advil, Excedrin, Vitamin E, Ginko, St. John's Wort and any photosensitive drugs such as Tetracycline, Minocycline, Zithromax, Cipro with the permission of your primary care doctor.
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alpha hydroxy acids should be avoided for 7 days before and 7 days after each treatment. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- You may be asked to remove your makeup (can be done at the clinic) and jewelry before a procedure.

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

- Your skin may appear red or blotching in the treated area for 24-48 hours after the IPL treatment. You may temporarily experience a bumpy appearance. Please do not apply makeup if the area is still red. Once there is no sign of redness, makeup may be applied.
- Wash treated area gently with a mild cleanser or soap and water.
- No shaving over treated area as long as the area is red and/or swollen.
- You may experience swelling of the eyes and face that may persist for 2-4 days. Swelling is normal and indicates a good treatment response. Sleep with two pillows at night and apply ice as needed for swelling.
- Avoid all sun exposure and tanning beds between IPL treatments.
- Apply a broad-spectrum UVA/UVB sunscreen with an SPF of 24 or higher and zinc and/or titanium dioxide daily to the treated area if in the sun for at least six months following the IPL treatment. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**

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

