



## Pre & Post Treatment Instructions Rosacea Procedure

### **BEFORE your treatment:**

- Avoid sun exposure and tanning beds for at least two weeks prior to laser 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 intense pulsed light 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 discontinued throughout these treatments. 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 treatment):**

- Your skin may appear red or blotching in the treated area for 24-48 hours after the laser 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.
- Take Tylenol per packaging directions as needed for discomfort.
- 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; apply ice bag before bed and after rising.
- Avoid all sun exposure and tanning beds between laser 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 laser treatment. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**
- Avoid alcohol, spicy foods and caffeine and exercise for one day after a procedure.

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

