



## PATIENT INSTRUCTIONS PHOTOFACIAL/IPL

For best results, please follow these instructions **before** your photofacial treatment:

1. **Initial**\_\_\_\_\_ Please remove make-up and skin care products prior to your treatment.
2. **Initial**\_\_\_\_\_ If you wear contacts and choose to remove them prior to your treatment, please bring your own supplies to do so.
3. **Initial**\_\_\_\_\_ **Avoid** any irritants to your skin, such as products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C, for **one week prior to your treatment.**
4. **Initial**\_\_\_\_\_ **Do not** wax or use a depilatory on treatment areas **one week prior to your treatment.**
5. **Initial**\_\_\_\_\_ **Avoid** excessive tanning or tanning beds for approximately **3-4 weeks prior to treatment.** If you are in the sun, we recommend sun protection of SPF 30 or higher. Sunburned or tanned skin **cannot** be treated.

**After** your photofacial treatment:

1. **Initial**\_\_\_\_\_ **Avoid** sun exposure and tanning beds to treated areas after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin.
2. **Initial**\_\_\_\_\_ **Avoid** any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for **one week after your treatment.**
3. **Do not** wax, tweeze, or use a depilatory to the treated area for **one week after your treatment.**
4. **Initial**\_\_\_\_\_ Treated lentigines usually darken after treatment, and crusting begins to form within a few days. This crusting usually resolves in 1-3 weeks. It should be allowed to naturally flake off.
5. **Initial**\_\_\_\_\_ If significant crusting occurs beyond the normal flaking of the treated lesions, an antibiotic ointment such as Polysporin or Bacitracin may be recommended.
6. **Initial**\_\_\_\_\_ Localized redness may be present after treatment but typically resolves within 24-48 hours.
7. **Initial**\_\_\_\_\_ If you do not need makeup for the evening of the treatment, it is better to wait until the next morning.

---

Patient Signature

Date

Please call us at 206-523-4444 if you have any questions.