

## **MODERNE MEDICAL AESTHETICS**

### **PATIENT INSTRUCTIONS: LUMECCA IPL PHOTOFACIAL & CHEMICAL PEEL TREATMENTS**

#### **PRIOR TO YOUR TREATMENT:**

Avoid/discontinue the use of the following prior to your treatment:

- Direct Sun Exposure (including tanning booths) (4-6 weeks prior)
- Chemical Peels • Microdermabrasion • Laser Treatments (4 weeks prior)
- Self-Tanning/Spray Tans (2 weeks prior)
- All outdoor activities (including golfing, gardening, hiking, etc.) should be minimized (2 weeks prior)
- No oral or topical antibiotics or topical steroids (2 weeks prior)
- Botox (2 weeks) • Dermal Fillers (4 weeks) • PDO Threads (10 weeks prior)

\*\*Notify the office if you are on any oral or topical forms of a light sensitizing prescriptions including but not limited to: Antibiotics, ZPak, Accutane, Blood Pressure Medications, Diuretics, Steroids, NSAIDS, St. John's Wort, Chemotherapy drugs.

#### **Avoid/discontinue the use of the following 3-7 days prior to your treatment:**

- Alpha Hydroxy Acids (AHAs) • Beta Hydroxy Acids (BHAs) (4-7 days)
- Retinol/Retin-A Products • Benzoyl Peroxide Topicals • Sulfa Masks (7 days)
- Essential Oils/Coconut Oil (3 to 5 days prior to your treatment)
- Anti-Coagulants (3 to 5 days prior to your treatment)

\*\*If an antiviral is needed, please start 1 to 2 days prior to your appointment. Call the office if you are unsure or need an anti-viral prescription to be called in to your pharmacy.

#### **Additional Pre-Treatment Information:**

- Women (day of procedure):

Do not wear make-up, come with a clean face.

If body treatment, come with no lotion or oil on the area.

- Men (day of procedure or day prior):

Shave face and neck (if being treated)

Do not wear any after shave, cologne, or oils

#### **DURING & AFTER YOUR TREATMENT:**

- During the treatment, slight warmth/sunburn or stinging sensation is normal
- Following Lumecca IPL Photofacial treatment, you may experience mild redness, darkening of veins (10-14 days) and darkened peppering to brown spots (3 to 5 days). Most of these responses may last a few hours to a few days. Response on the body may last 3 to 4 weeks.
- Following chemical peels, you may experience tightness, itching, dry/flaky/peeling skin. Typical downtime is 3 to 7 days.

- Do not pick, pull or exfoliate any loosening skin, this could lead to scarring and pigment changes (this includes shaving, active skin care, scrubs, clarisonic brush to the area treated)
- Cool compresses or aloe may be useful to reduce swelling or discomfort. You may take over-the-counter Tylenol for and discomfort and apply Hydrocortisone 1% (steroid) cream to decrease any itching or skin irritation. Ask your technician if an Anti-inflammatory or Anti-histamine may be taken to help reduce any further discomfort, swelling or itching
- It is mandatory that you use a daily sun block with Zinc Oxide or Titanium Dioxide of at least 8-9% and a minimum SPF 30 on all treatment areas
- Make-up can be applied as long as the skin is not broken
- If the skin is broken or a blister appears, apply an antibiotic ointment (such as Neosporin) and notify our office
- If any rare side effects occur, such as scarring or discoloration, please contact our office immediately so the occurrence can be documented and we can provide you with proper instructions

**Avoid the following for 48-72 hours after:**

- No strenuous exercise or activities that would cause excessive perspiration
- No heat, hot showers, saunas, jacuzzis or steam
- No shaving to areas that were treated
- Self-Tanning Products, essential oils/oils

**Avoid the following for up to 2 weeks after:**

- Direct Sun Exposure (sun exposure should be limited while receiving treatments)
- Laser Treatments, chemical peels, dermaplaning, microneedling, or microdermabrasion

**Avoid the following for 4-7 days after:**

- Mechanical Exfoliation (scrubs, wash cloths, clarisonics, waxing)
- Retinols/Retin-A products, bleaching creams, alpha/beta hydroxy acids, BPOs

**PROCEDURE DESCRIPTIONS:**

Photo-facial: This procedure utilizes light and radio frequency to effectively treat brown and red hyperpigmentation, vessels, dilated pores, age spots and sun damage.

Chemical Peels: This procedure utilizes a solution to eliminate damaged upper epidermis layers to improve and even the facial complexion. Typical downtime is 3 to 7 days.

Dermaplaning: This procedure uses a skin blade to gently exfoliate the outer layer of dead skin cells and remove fine facial hair.

**Please call our office at (480)477-7726 or email us at [support@modernmedical.com](mailto:support@modernmedical.com) with any questions or concerns.**