IPL “PHOTO FACIAL” & SKIN REJUVENATION
PRE AND POST INSTRUCTIONS

The Alma IPL treatment and/or skin rejuvenation laser are designed for patients with discoloration, sun damage, redness, broken blood vessels, rough texture and enlarged pores. The treatment is ideally performed in a series; anywhere from 4 to 6 treatments, 3 to 4 weeks apart. The results of the treatments may vary and can last anywhere from 6 to 24 months. At that point maintenance treatments are recommended every 9 to 12 months.

This treatment is sensitive to TAN skin, and so if you know you have recently exposed yourself to the sun (whether outside or a tanning bed) it is recommend that you postpone this treatment until after the tan has faded (anywhere from 1-2 weeks). This also includes artificial tans- so please be sure to have completely scrubbed any remnant tan off, without irritating the skin, prior to treatment.

Upon completion of your laser procedure, it is imperative that you follow the guidelines given below.

After your laser treatment, your skin will feel warm to the touch and will look like it has been exposed to the sun; temporary redness (lasting 1-2 days), mild to moderate swelling (1-3 days) and some temporary pigment darkening with superficial crusting and scabbing (5-10 days). You may also experience swelling. THIS IS NORMAL. If you started out with discoloration, your brown spots will appear darker for 5-10 days, in which they may appear scabby and/or crusty. Do not pick or exfoliate these “coffee grind” looking spots, as you can leave the area hypopigmented.

If the post treatment swelling of your skin is more than you anticipated, you may take an Aspirin, Advil, or Tylenol type product to calm the skin or Ibuprofen to help with the swelling.

DO NOT apply any glycolic/ alpha hydroxyl/ beta hydroxyl/ tretinoin/ tazarotene/ adapalene/ azaleic acid/ benzoyl peroxide, exfoliating products or self-tanners to your skin. These products will irritate your skin and may induce hyperpigmentation or discoloration to your newly treated skin.

A ZINC based sunscreen MUST be used at all times during any UV exposure to your treated skin. This is an absolute must, or you may be even more damaged than before- due to the UV penetration to the freshly treated skin. A large brimmed hat is also highly recommended ANYTIME you are outside- this will insure full protection against any UV exposure.

DO NOT SHAVE or wax until any swelling has resolved, usually within the next 48-72 hours or so. If you can use an electric shaver during the following four days, this is best so not to irritate the lased skin.

During the next 7 days after your laser treatment you may use a moisturizing medical grade cream if the dryness is unbearable. AFTER THE INITIAL 7 DAY PERIOD, you may return to your previous skin care regimen. We recommend that you begin a regimen that fits your lifestyle and can add to the improvement and appearance of your skin.

Patient’s Signature: ___________________________________________ Date: ______________

Witness’s Signature: ___________________________________________ Date: ______________