

Lumecca (IPL)

Pre-Care:

1. Consultation: Schedule a consultation with a licensed dermatologist or trained IPL technician to assess your skin, discuss your specific concerns, and determine whether IPL is the right treatment for you.
2. Sun Protection: Avoid sun exposure for at least two weeks before the IPL session. Sunburned or tanned skin is more susceptible to complications. Use a broad-spectrum sunscreen with at least SPF 30 daily.
3. Skincare Products: Discontinue the use of retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and other exfoliating or irritating skincare products for at least a week before the treatment, or as advised by your provider.
4. Hair Removal: If you are getting IPL for hair removal, shave the treatment area the night before your session. Do not wax, pluck, or use depilatory creams, as the hair follicles should be intact for the treatment to be effective.
5. Avoid Self-Tanning Products: Avoid using self-tanning products on the treatment area for a few weeks before the procedure.
6. Avoid Blood Thinners: Refrain from taking aspirin, ibuprofen, and other blood-thinning medications for at least a week before the IPL session to reduce the risk of bruising.
7. Notify Your Provider: Inform your provider about any medical conditions, medications, or topical products you are using. They should be aware of any factors that may affect the treatment.

Post-Care:

1. Follow Provider's Instructions: Adhere to the specific post-care instructions provided by your IPL technician or dermatologist, as they may customize recommendations based on your treatment and skin type.
2. Sun Protection: Continue to protect your skin from direct sunlight by applying a broad-spectrum sunscreen with SPF 30 or higher whenever you go outside. Avoid tanning beds.
3. Redness and Sensitivity: Expect some redness, mild swelling, and a sensation similar to sunburn, and/or darkening of pigment immediately after the treatment. These side effects usually subside within a few hours to a few days.
4. Avoid Sun Exposure: Stay out of direct sunlight and avoid vigorous exercise, saunas, and hot showers for at least 48 hours post-treatment.
5. Gentle Cleansing: Use a mild, non-abrasive cleanser to wash your face and body after the procedure. Avoid hot water and harsh exfoliants.
6. Moisturize: Apply a gentle, non-comedogenic moisturizer to keep the skin hydrated and minimize dryness.
7. Avoid Makeup: Refrain from wearing makeup for at least 24 to 48 hours post-treatment, or as advised by your provider.
8. Avoid Active Ingredients: Avoid using products containing retinoids, AHAs, BHAs, or other harsh active ingredients until your skin has fully healed.

9. Follow-Up Appointments: Depending on your specific IPL treatment plan, you may need multiple sessions. Follow your provider's recommended schedule for optimal results.