

LUMMECA (IPL)



PARIAESTHETICS

DISCLAIMER : THE INFORMATION PROVIDED HERE IS AT A HIGH LEVEL AND IS NOT EXHAUSTIVE. DETAILED INFORMATION WILL BE PROVIDED AT THE TIME OF YOUR CONSULTATION ALONG WITH A COMPREHENSIVE INFORMED CONSENT FORM.

PRE TREATMENT INSTRUCTIONS:

- Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 4 to 6 weeks before and after treatments
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week
- Avoid Accutane (or isotretinoin products) for 6 months prior
- Let your doctor know if you have a history of hyperpigmentation
- Come to your appointment with a clean face- remove all makeup if area to be treated is the face. If applicable, dress so that you may modestly expose the treatment area



POST TREATMENT INSTRUCTIONS

- You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours
- Skin redness is normal and may last a few days. There may be a slight amount of swelling
- Your skin will be fragile for 2-3 days. Use gentle cleansers do not rub the skin and avoid hot water during this time
- Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week
- Avoid the sun and use sun block. We recommend Alumier MD line of sunblocks
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas) for the first 24-48hrs
- Sun spots and age spots will DARKEN with the IPL treatments BEFORE they begin to respond and resolve. This is expected and a normal part of the IPL process. Do not pick these spots once they become dry. They will lift and fall off on their own