

## **Instructions for Photo rejuvenation and Sunspot Treatment**

### **Before your treatment...**

Avoid sun exposure, self-tanning products and tanning beds for at least two weeks prior to IPL treatment.

Please remove all jewelry.

Wear loose clothing.

Your sunspot removal may include one to four treatments spaced four weeks apart. Your clinician will present a treatment plan for you upon consultation and evaluation of your response to the laser/light system.

### **After your treatment.. (follow these directions for one week after each treatment)**

The IPL treated area may look crusty or like particles of dirt where the spot was treated. The area should be cared for as a burn, some crusting may occur and should heal in 7-10 days.

Apply Aloe Vera gel twice daily for one week.

Take Tylenol per packaging directions as long as area is red and or swollen.

Avoid all sun exposure, self-tanning products and tanning beds between laser treatments.

Apply a broad-spectrum UVA/UVB sunscreen with SPF-30 daily to treated area if in the sun for at least six months following the laser treatment.

Avoid swimming pools or hot tubs to prevent infection.