

Avalon Laser

PREPARING FOR YOUR IPL/PHOTOFACIAL APPOINTMENT

IPL/Photofacial can treat a large variety of skin conditions . However, there are a few common-sense precautions that need to be followed prior to your appointment to ensure the best results. Keep the following principles in mind:

- 1) A few medications are associated with photosensitivity, ie. increased sensitivity to light. By avoiding these for a week before your session, you greatly reduce the risk of adverse effects.
- 2) Your skin responds to an IPL treatment similarly as to sun exposure. Just as you would avoid prolonged sun exposure, you will want to avoid the sun for several days before and after your IPL appointment.
- 3) Any pigmentation in the skin may be picked up by the IPL treatment. This can be very useful when treating many skin conditions. However recent sun exposure increases the possibility of adverse effects.
- 4) A series of IPL/Photofacial treatments is often required in order to give the best results. This is especially true for deeper or more severe conditions, or for clients with additional layers of dead skin over the surface. By treating with a peel or microdermabrasion beforehand, more IPL energy can reach the deeper layers of skin, making each IPL session more effective. Consider a peel or microdermabrasion before your first IPL session.

DO:

1. Stay out of the sun for at least 2 weeks before your laser appointment or keep the area covered. This is vitally important. If you are receiving treatment on your face, use sunblock with SPF 30 or above and wear a hat when outdoors at all times. Do this for one week before your session.
2. Arrive at least 20 minutes before your appointment. This helps us arrange paperwork and dedicate the entire scheduled period to your laser treatment. It is always helpful to bring quarters for metered street parking just in case.
3. Check with us if you are taking ANY medications, especially certain antibiotics (Tetracycline, Doxycycline, Minocycline). These will need to be stopped at least 1 week prior.

DO NOT use Accutane for at least 3 months prior to your laser session.

DO NOT use Retin-A or similar products for at least 1 week prior to your laser session.

DO NOT use tanning beds, spray tans, etc. for at least 2 weeks prior to your laser session.

DO NOT use tinted lotion, bronzer or makeup on the day of your laser session.

AFTER YOUR LASER SESSION:

- You must avoid the sun for at least 1 week post-treatment; Use SPF 30 or above at all times on exposed areas.
- You may have temporary redness, itching or burning for up to 72 hours after treatment, similar to a mild sunburn. Use a cool compress, ice pack or aloe vera lotion immediately after treatment for comfort and to soothe the skin.

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- Pigmented areas on the skin often initially become darker and may even crust or scab before falling off. This is entirely normal. The most important part of the aftercare process is to protect the skin from sun damage while it is healing and thereafter.
- Avoid any possible trauma to the skin such as hot tubs/ sauna/ steam-rooms/ strenuous exercise/ sweating/ yoga/ massage/etc for at least 2-3 days after your session to avoid irritating the skin. Avoid picking or scratching the skin
- Avoid hot showers for at least 24 hours after your laser session. Use cool water and gentle cleansers and pat the skin dry instead of rubbing.
- Do not apply makeup until redness has subsided.
- Avoid acid peels, exfoliating agents, chemical irritants, etc. for at least 1 week after treatment.

We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service.