

# IPL PHOTOFACIAL

*Dream Spa Medical* wants you to say goodbye to the effects of sun damage, rosacea, hyperpigmentation, and more. With the innovative Intense Pulsed Light photofacial procedure, gentle skin rejuvenation is now easier than ever. IPL photorejuvenation allows patients to transform red, ruddy, blotchy skin into a radiant complexion. If you suffer from any of these problems, photofacial treatments may be the cosmetic approach you've been looking for.

A photofacial is a procedure in which intense pulses of light are used to penetrate deep into the skin. IPL photorejuvenation then causes collagen and blood vessels below the epidermis to constrict, reducing redness and age lines. The treatment will also improve pigmentation, tone and texture of residual acne scars. Most benefits of a photofacial occur gradually in the weeks following treatment. We recommend 3-5 treatments spaced 4-6 weeks apart, depending on the severity of the damage and the desired result.

## **PRE-TREATMENT**

- Do not use self-tanners 2 weeks prior to your appointment.
- Avoid sun exposure and tanning beds 4 weeks prior to your appointment
- Avoid active ingredients such as acids, astringents, retinals or topical prescriptions 4 days prior to your appointment.
- Avoid prescription blood thinners as well as aspirin and ibuprofen for 1 week prior to your appointment.

## **POST-TREATMENT**

- Moderate redness and swelling can be expected. This typically subsides in 1-3 days.
- Cool compresses can be used to reduce swelling and skin temperature.
- Avoid active ingredients such as acids, astringents, retinals or topical prescriptions 4 days after your appointment. Use a gentle cleanser and basic hydration.
- Avoid extreme heat such as exercise, hot tubs, saunas and spa treatments for 2 days.
- Avoid prescription blood thinners as well as heavy drinking, aspirin and ibuprofen for 2 days.
- Avoid sun exposure and tanning beds for 4-6 weeks.
- If a blister or crusting develops, treat with basic wound care.

## **PLEASE NOTE**

You should anticipate social downtime following your treatment, and schedule accordingly. Redness and swelling will resolve quickly, but brown spots and freckles will appear darker while healing. Do not pick, rub or scratch the healing skin. Makeup may be applied throughout recovery.