

SKIN & LASER

Lytham St Annes

IllumiFacial™: Pre-Care, Preparation & Aftercare

Pre-Treatment Care (2–4 Weeks Before)

To achieve the best results and minimize side effects, please follow these guidelines prior to your IllumiFacial™ treatment:

- Avoid sun exposure, tanning beds, and self-tanner for at least 4 weeks before treatment.
- Use daily broad-spectrum SPF 50+ and avoid sunburn or active skin irritation.
- Discontinue retinoids and exfoliating agents (Retin-A, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide, vitamin A products) 5–7 days prior.
- Avoid photosensitizing medications (certain antibiotics, isotretinoin/Accutane within the past 6–12 months—inform your provider).
- Do not receive chemical peels, microneedling, waxing, or laser treatments in the treatment area for 2-4 weeks before your appointment.
- Inform your provider if you are pregnant, breastfeeding, prone to melasma, or have a history of cold sores (antiviral medication may be recommended).

Day-Of Preparation

On the day of your appointment:

- Arrive with clean skin
- Men should shave facial hair prior to treatment.
- Wear comfortable clothing and avoid tight collars or scarves.
- Avoid heat, exercise, or alcohol before treatment if possible.

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Post-Treatment Aftercare

Mild redness, warmth, or slight swelling is normal and typically subsides within a few hours to 48 hours.

- Apply cool compresses, aloe vera, or a gentle calming moisturiser as needed.
- Avoid sun exposure and use broad-spectrum SPF 30–50 daily for at least 2 weeks.
- Avoid hot showers, saunas, steam rooms, intense exercise, and heat exposure for 24–48 hours.
- Do not exfoliate or use active ingredients (retinoids, acids, vitamin C) for 5–7 days.
- Pigmented spots may darken ("coffee ground" appearance) and flake off within 7–14 days—do not pick or scratch.
- Use only gentle cleansers and moisturizers until skin fully recovers.
- Makeup may be applied after 24 hours, unless otherwise directed.

Treatment Plan & Results

A series of 3–6 treatments, spaced 3–4 weeks apart, is typically recommended. IIIumiFacial™ improves skin tone, texture, sun damage, redness, and fine lines with minimal downtime.

Results gradually improve over several weeks as collagen production increases.