

Lumecca Pre & Post Care Information Sheet

The following instructions will assist in achieving the best results from Lumecca Intense Pulse Light (IPL) skin rejuvenation treatments. Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment.

It is recommended that you seek medical attention from your family physician if you have concerns about specific skin lesions or changes prior to beginning Lumecca sessions.

LUMECCA PRE-TREATMENT INSTRUCTIONS

1. Avoid any tanning for 3-4 weeks prior to treatment. This includes any form of self-tanners.
2. Do not use any retinol products (or products containing tretinoin), salicylic products, or exfoliants on the area to be treated for 5-7 days. Avoid Accutane (or isotretinoin products) for 6 months prior.
3. Let your skin practitioner know if you have a history of hyperpigmentation.
4. Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.
5. Anticipate a social "downtime" of 2-3 days before any redness, swelling and sloughing of the sunspots has subsided.
6. Avoid retinol and other irritant topical agents (Benzoyl peroxide, AHAs, BHAs) for 4 days prior to treatment.
7. If possible, please come to your appointment with the treatment area clean and without make-up or any cosmetic products.

LUMECCA POST-TREATMENT INSTRUCTIONS

1. 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 (72 hours or more).
2. There may be a slight amount of swelling which usually resolves in 2-3 days. Apply cold compresses or cold pack to the treated areas for 10-15 minutes every hour for the next few hours, only if needed (ie. very warm or painful like a sunburn).
3. Minor crusting, peppering and/or peeling of the skin is a common side effect of this treatment. DO NOT pick at the treated areas, instead allow the peppering to shed naturally. In rare cases blistering may occur. Pigmented areas may begin to flake after a few days.
4. Your skin will be fragile and may be heat sensitive for 2-3 days. Use gentle cleansers, do not rub the skin, and avoid hot water during this time. Avoid excessive heat or friction to the treated area (heavy exercise, saunas).
5. 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.
6. Avoid NSAIDs (e.g. Aspirin, Ibuprofen, Motrin), alcohol, heavy exertion and activities which may cause flushing for 2 days after treatment.
7. Makeup can be applied immediately if the skin is not broken. We recommend mineral based makeup.
8. Avoid the sun and use medical grade sun block always with SPF 30+.
9. Sunspots and age spots will DARKEN with the treatments BEFORE they begin to respond and resolve. This is expected and a normal part of the process. Do not pick, scrub and exfoliate these spots. Allow them to shed on their own.
10. It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve an optimum result.

Please call our clinic should you have any questions or concerns regarding your treatment or aftercare (705-522-2252)



Scan to schedule your next appointment



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