



## GREENWICH POINT DERMATOLOGY

### LUMECCA PHOTOFACIAL (IPL)

#### PRE-TREATMENT INSTRUCTIONS

- Avoid Lumecca if pregnant or breastfeeding.
- Stop any topical retinoids 2 weeks prior to your treatment unless otherwise advised by Dr. Dolder.
- Avoid applying makeup the day of treatment.
- Avoid tanning 2 weeks prior to your appointment. Any patient arriving with a significant tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- If you have a history of cold sores, please let Dr. Dolder know.
- Caution is advised to persons with a history of herpes simplex in the treatment area. Those who carry the herpes simplex virus and receive laser treatment on their upper lip, chin, or lower cheeks may have a “flare-up” of their condition. The risk of this complication can be reduced if you take a prescribed antiviral medication in the office on the day of your treatment, which Dr Dolder will provide to you. If you have an active herpes outbreak, your appointment will have to be rescheduled.

#### POST-TREATMENT INSTRUCTIONS

- Expect mild redness lasting hours to 1-2 days.
- Maximize your treatment results with our recommended post-treatment skincare products:
  - Alastin Skin Nectar
  - ISDIN Flavo-C Ultraglycans ampoules
- Wash once a day with a gentle cleanser and liberally apply a nourishing moisturizer throughout the day to prevent any dryness
  - Neocutis Biocream
- Do not rub the skin vigorously and do not pick at the flaking skin to avoid scarring.
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily
  - Neocutis Journee
  - Elta MD
- Avoid laser treatments, waxing, the use of depilatories, or microdermabrasion for 2 weeks.
- Wait one week before resuming the use of a topical retinoid or any other exfoliating agents such as a Clarisonic Brush.
- Avoid swimming, sauna, or whirlpool use for at least a week after the treatment.

If you have any questions or concerns, please call our office at 203.764.2230.