



Lumecca IPL Care Instructions

Pre Treatment:

- Avoid sun exposure (apply 30 spf sunscreen daily and do not tan at all) for 2 weeks prior to treatment.
- Do not apply self tanners or spray tans for 2 weeks before treatment.
- Avoid the use any retinol, retinol products, salicylic products, or exfoliation products 5 days prior treatment.
- Notify the provider if you have any cosmetic tattooing on or near the area to be treated.
- If possible, please come to your appointment with the treatment area cleanly washed without make-up.

Post Treatment:

- 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).
- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours or more. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days. Over-the-counter 1% hydrocortisone cream or 100% aloe vera gel may ease redness or inflammation.
- Your brown and red spots will get darker for the first several days (up to 7) and then start to slough off. This is normal and desired.
- 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.
- Keep the area clean. Wash gently and avoid aggressive scrubbing or use of exfoliants, scrub brushes (clarisonic), and loofa sponges until the sensitivity and colored of the treated area has returned to normal and the peppering has resolved.
- Avoid any direct sun exposure, including sunlamps and tanning beds, for 2 weeks after treatment. Please also protect the treated areas with a full spectrum sun block of 30 SPF or higher, used regularly between treatments and after the treatment course is completed.
- Please call the office with any questions (816) 359-3310.