



Pre & Post-Care Instructions for IPL/BBL Photorejuvenation For treatment of brown pigment and/or redness and vascular concerns

Pre-Care Instructions:

- The following conditions which are CONTRAINDICATIONS to treatment: history of melanoma, raised moles, suspicious lesions, keloid scar formation, healing problems, active infections, open lesions, hives, herpetic lesions, cold sores, tattoos or permanent make-up in area of treatment, recent use of Accutane, tetracycline, or St. John's wort in the last year, autoimmune diseases such as Lupus, Scleroderma, Vitiligo, pregnancy, trying to get pregnant, or nursing.
- Do not tan or use self tanner in areas to be treated for 4 weeks prior to your scheduled treatment.
- Arrive without makeup and wear long hair in a ponytail, away from face and neck. Remove jewelry prior to your appointment.

Post-Care Instructions:

- You may apply cool compresses/ice for comfort immediately post treatment.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- Moisturizers or Cicalfate may be used if they do not sting when applied.
- Apply Sunblock (with zinc) for at least six weeks if not for your lifetime!
- Shaving should be avoided until comfortable.
- Make-up may be used as long as skin is not broken or irritated.
- Use a gentle cleanser or Avene cicalfate and products as instructed. Some redness and swelling is normal and may feel similar to a sunburn. This should resolve in a few days to a week. Some people may react more and have redness up to a month or longer. Notify us if it persists longer than a few days.
- 3 – 10 days after treatment you may develop a fine crust/rug burned look. **DO NOT PICK AT THEM.** This may last for several days to weeks.
- Spider veins/broken capillaries may initially appear darker.
- Small blisters may occur. Keep area clean. Notify the office if this happens.
- Resuming normal products:
 - TNS Recovery Complex, Essential Serum, Eye Serums and moisturizers can be used the same day of procedure
 - Retinol: wait 1 week before resuming.
- Occasionally itching may occur post-treatment related to a histamine release, if this occurs you may take an antihistamine (unless medically contraindicated).

Notify the office if you have any questions, concerns, problems 203-533-4560.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call the office immediately during business hours if I have any questions or concerns.

CANCELLATION POLICY: All appointments are secured with a credit card or payment may be requested prior to the scheduled appointment. Any appointment not cancelled or rescheduled prior to 24 hours' notice, will result in a full charge for the procedure scheduled. No refunds are given for services rendered or products sold. If you are dissatisfied for any reason please notify us within 48 hours of your appointment to discuss.

Name: _____ **DOB:** _____ **Date:** _____

Signature: _____

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ⁱ Updated 10/13/15