

ACNE TREATMENT



TREATMENT CARE INSTRUCTIONS

PRE TREATMENT

Discontinue Accutane 6 months prior to treatment.

Discontinue use of Retinoic Acid products 2 weeks to treatment.

Avoid sun exposure or the use of tanning beds and self-tanners for at least four to eight weeks, prior and/or between treatments (dependent on skin type).

Report all skin diseases, viruses, infections, cold sores, eczema or allergies.

Do not exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants for one week prior to treatment.

Avoid microdermabrasions or peels for two weeks prior to treatment.

If the skin is red, irritated or sunburned, the IPL treatment must be rescheduled.

Report all medication taken within 2 weeks of the treatment.

Avoid strenuous exercise for 24 hours prior to the treatment.

Avoid heat 48 hours prior to treatment (cooking, dishes, vigorous cleaning, **hot baths, showers, hot tubs** and saunas).

Avoid alcohol 48 hours prior to treatment.

POST TREATMENT

Avoid direct sunlight, tanning beds or self-tanners for at least 2-3 weeks after treatment.

Apply SPF 50+, 15 minutes prior to sun exposure and 15 minutes afterwards. Keep reapplying as needed throughout the day.

Consider using protective gloves for driving, or a hat to protect facial areas.

Avoid make up, antiperspirants or topical creams, which may not allow for the skin to properly breathe, for 24 hours post treatment.

For at least two weeks post treatment, **do not use: harsh topical exfoliations**, glycolic acid, benzyl peroxide, acne creams etc.

Avoid touching, rubbing, peeling or picking of the skin, as this may cause hyper/hypo-pigmentation, scarring or infection.

Gently **apply pure Aloe Vero** gel or antibiotic ointment, to the treated area twice daily until healed and dry.

For 1 week, **avoid hot baths, showers, hot tubs** and saunas. When showering and washing, gently pat dry and do not rub.

Avoid strenuous exercise for 24 - 48 hours following treatment.

Avoid alcohol 48 hours post treatment.

Hot and humid weather conditions can aggravate skin in the period immediately before and after treatment.