



MANHATTAN DERMATOLOGY

IPL PHOTOFACIAL + EXCEL V LASER TREATMENT INSTRUCTIONS

BEFORE TREATMENT

- Do not tan or use self-tanner to areas to be treated for at least 4 weeks prior to treatment.
- Shave any hair present in the area to be treated. Men should shave the beard area twice in succession in order to ensure as close a shave as possible. Be aware that there is a possibility of incidental hair loss when treating pigmented lesions in hair-bearing areas.
- On the day of treatment, please try to arrive with clean skin, the treatment area free of any makeup and lotions.
- No Accutane 6 months prior to treatment.

AFTER TREATMENT

- You may have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild bruising, and/or slight edema (swelling) is normal and may last a couple days.
- Cold compresses or ice packs can be used reduce swelling or discomfort if needed. Hydrocortisone (steroid) cream may decrease any itching or skin irritation.
- Your skin will be fragile for 2-3 days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- It is important to avoid sun exposure and tanning creams between treatments. Use a broad spectrum (UVA/UVB) sunblock SPF 30 or greater on the treatment area at all times. It should be reapplied every 2 hours if outside. Wear a hat if possible.
- The pigmented areas (freckles, sunspots) will usually darken after treatments. Crusting of the skin can form. Please allow these areas to naturally flake off for best results. It may not flake for 7-10 days.
- Avoid hot tubs, whirlpools, saunas, and excessive sweating for 24-48 hours or until the redness has subsided.
- Depending on how your skin feels, you may want to avoid irritants—such as Retin-A, Retinol, Renova, Differin, Tazorac, glycolics, bleaching creams, and exfoliants—for 1 week.
- Avoid chemical peels, facials, and microdermabrasion for 1 week.

FOLLOW UP TREATMENT

- Follow up treatments should be scheduled every 4-6 weeks.
- Consistent treatments will produce the best results. For pigmentation, 1-2 treatments may all that is necessary initially, but maintenance treatments are usually needed. For diffuse redness (rosacea), it may take 4-5 treatments for optimal results.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 546-1188.