



Dr. Sanjay Azad  
Revere Esthetique

## **Lumecca IPL Pre and Post Instructions**

Welcome to Revere Esthetique. Thank you for choosing and trusting us with your care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course for your individual priorities and health.

The following instructions will assist in achieving the best results from Lumecca Intense Pulsed Light skin rejuvenation treatments.

Please take a moment to review the information. If you have any questions or concerns, you may contact our office via email ([reception@tbplasticsurgery.com](mailto:reception@tbplasticsurgery.com)) or by phone (807) 345 – 5455.

It is recommended that you seek medical attention from your family physician if you have any concerns about specific skin lesions or changes prior to beginning Lumecca treatment sessions.

### **Pre – Treatment Instructions:**

- Avoid sun exposure for 3-4 weeks prior to treatment.
- Use an SPF30 or higher, daily. (Reapplying every 2 hours when in the sun.)
- Avoid the use of any retinol, retinol products, salicylic acid, or exfoliating products 2 to 3 days prior to treatment.
- Notify our staff 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 clean and without make-up or any other cosmetic products.





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### **Post – Treatment Instructions:**

- 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 usually resolves in 2-3 days.
- Your brown and red spots will get darker for the first few several days (up to 7) and then start to flake off. This is normal and desired.
- Minor crusting, peppering and/or peeling of this 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 can occur.
- 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).
- Keep the area clean. Wash gently and avoid pinching and aggressive scrubbing or use of exfoliants, scrub brushes, and loofa sponges until the sensitivity and colour of the treated areas has returned to normal and the peppering has resolved.
- Avoid any direct sun exposure, including sun lamps and tanning beds, for 3 weeks after treatment.
- Please remember to protect the treated areas with a FULL SPECTRUM sun block of SPF 30 or higher, used regularly between treatments and after the treatment course is completed.
- Most patients require 2 to 5 treatment sessions over the next 3 to 4 weeks.

