

## Advanced Fluorescence Technology (AFT™ or IPL/PhotoFacial) Pre and Post Care

### PRE-TREATMENT INSTRUCTIONS

1. Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for 2-4 weeks before and after the treatment. Treatment within 4 weeks of active tanning (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months, or in rare cases may even be permanent.
2. Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these products on, they must be completely washed off prior to treatment.
3. If you have a beard, dark hair or prevalent vellus hair (peach fuzz) in the treatment area, you must shave the hair 12-24 hours prior to your appointment.
4. Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
5. No area to be treated should receive any type of Chemical Peel for 1-2 weeks before and after treatment.
6. Other laser, light, and injectable treatments may be administered immediately before or after AFT as long as skin is not sensitive; if you have questions about this, please ask your provider.
7. Retin-A, Renova, and Tazorac must not be used for 3-7 days before or after treatment.
8. Waxing and/or use of chemical depilatories must be avoided for 1-2 weeks before and after the treatment. Shaving is allowed 24-48 hours after treatment as long as there is no skin irritation.
9. You may not be pregnant for any treatment.
10. Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided.
11. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

### DURING TREATMENT INSTRUCTIONS

1. During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.
2. Procedure-specific protective eye wear will be worn by patient and all personnel in the treatment room during the procedure. Your provider will take all necessary precautions to ensure your safety.

### POST-TREATMENT INSTRUCTIONS

1. Immediately after treatment, there may be mild redness in the treated areas similar to the feeling of a sunburn, which may last from several hours to 2 days. When treating Rosacea and diffuse redness, there is a chance of peri-orbital swelling that can be severe.
2. In some cases, severe or prolonged erythema (redness) and/or edema (swelling) may within 2-24 hours of treatment and could last for several weeks.
3. To minimize discomfort and speed recovery, we recommend adding an infusion of hyperbaric oxygen immediately after the treatment; please ask your provider for more details.
4. Generally, pigmented and vascular imperfections look worse after AFT before they look better. Within 24 hours after treatment, there may be a temporary “darkening” of pigmented lesions (freckles, sun spots, age spots) followed by gradual lightening and improvement over the subsequent 1-4 weeks following treatment. The amount of darkening in these targeted lesions varies per patient per treatment. Some lesions may fade significantly after a single treatment. The darker pigment has a “coffee ground” appearance and generally sloughs off after 1-2 weeks. Treat the skin gently and allow the pigment to slough off naturally. Picking or scrubbing at the skin in an attempt to speed the sloughing process can lead to pigment irregularities including scarring of the skin.
5. **After Care Products and Regimen:** Wash the treated area twice daily with a gentle cleanser. Use tepid water only. Apply a soothing moisturizer as often as needed.
  - a. **Sun exposure and the use of tanning beds must be avoided for at least 2 weeks after your treatment, preferably 4 weeks.** If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, running, hiking, gardening, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and full spectrum sunscreen SPF 30+ or 50+.
6. No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists.
7. Pure Mineral make-up such as GloMinerals, can be applied immediately after the treatment.
8. For best results and efficacy, we recommend a series of 3-6 treatments administered at 4 week intervals. You may notice immediate as well as longer term improvements in your skin.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.**