

[Patient Name]

[Patient DOB]

*This treatment is an intense pulse light (IPL) laser procedure. Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has minimal recovery.*

**If you have any questions or concerns regarding your treatment or the, please call (970) 223-0193.**

**If you have an emergency, please call 911 or visit an emergency room.**

## Preparing For Your Treatment

**4 weeks prior, avoid heavy sun exposure and self-tanning products.** If you are tanned, you will not be treated.

**1 week prior, discontinue the use of all exfoliating skin care products.** This includes retinols and glycolic acids.

**Verify your pharmacy on file is current, pick-up your prescriptions and follow the instructions provided:**

Acyclovir/Zovirax (antiviral) – **begin 2 days prior to treatment**

**Please note, if you have dental crowns, caps, braces or other metal dental implants, these areas may become sensitive during your treatment.**

### Item Checklist

- Hydrocortisone
- Gentle Facial Cleanser
- Sunblock (SPF 50+)
- Long sleeved clothing
- Washcloths
- Wide Brimmed Hat

## Day of Procedure

### PRIOR TO ARRIVAL

- **Remove all makeup and lotions from face.** Face must be completely clean prior to face prep and numbing application.
- **Apply numbing cream to skin one hour prior to appointment.** Make sure to cover the entire area with a layer of numbing cream.
- **Notify staff at check-in if you take any anti-inflammatory medications.**

### AFTER TREATMENT IS COMPLETED

- **Cool skin with wet washcloth as needed for comfort.** This will help remove the heat from the skin.
- **Hats and protective clothing should be worn to prevent hyper pigmentation of the skin caused by exposure to sunlight.**
- **The first 24 hours, you may apply a small amount of hydrocortisone cream to help with redness and swelling.**
- **On days 1 to 3, use only a gentle cleanser when washing skin.** Skin may be sensitive. Use of abrasive products, harsh astringents and scrubs should be avoided during this time.
- **On day 4, you may begin to use an exfoliating cleanser.** Exfoliation will help remove dry flaky skin and dark spots.
- **A 30-minute (mini) Microdermabrasion appointment is recommended 1 week after your procedure.** This is offered at a discount to FotoFacial laser patients at \$75.

**SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT.**