

# CITY MED SPA

---

## SCIENCE MEETS BEAUTY

### Lumecca IPL Pre-Post Instructions

Welcome to CityMedSpa. 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 optimized for your individual priorities and health.

The following instructions will assist in achieving the best results from Lumecca Intense Pulse Light skin rejuvenation treatments. Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment. You may email [amy@citymedspa.com](mailto:amy@citymedspa.com) or text/call 404-416-8454 with any questions. It is recommended that you seek medical attention from your family physician if you have concerns about specific skin lesions or changes prior to beginning Lumecca sessions.

#### Pre-Treatment Instructions:

- Avoid sun exposure for 3 to 4 weeks prior to treatment, or use at least an SPF 30 or higher (making sure to reapply every 2 hours when in the sun).
- Do not apply self tanners or spray tans for 3 to 4 weeks before treatment.
- Avoid the use of any retinol, retinol products, salicylic products, or exfoliation products 2 to 3 days prior to treatment.
- Notify the provider 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 cosmetic products.

#### 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 it usually resolves in 2-3 days. Over-the-counter 100% aloe vera gel may ease redness or inflammation.
- Your brown and red spots will get darker for the first several days (up to 7) and then start to slough off. This is normal and desired.
- Minor crusting, peppering and/or peeling of the 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 may 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 aggressive scrubbing or use of exfoliants, scrub brushes (clarisonic), and loofa sponges until the sensitivity and colored of the treated area has returned to normal and the peppering has resolved.
- Avoid any direct sun exposure, including sunlamps and tanning beds, for 3 weeks after treatment.
- Please also protect the treated areas with a full spectrum sun block of 30 SPF or higher, used regularly between treatments and after the treatment course is completed.
- Most people require 2 to 5 treatment sessions over the next 3 to 4 weeks.