

ACUTIP....PRE/POST CARE

2 WEEKS BEFORE YOUR TREATMENT

Avoid sun exposure and tanning beds for at least 2 weeks before your treatment. Sunburned skin cannot be treated. Sun exposure should be minimized and an SPF 30+ sunblock with Zinc Oxide should be used for as long as possible prior to beginning treatment and should be continued daily after treatment to prolong results.

ONE WEEK BEFORE YOUR TREATMENT

Please let Dr. Lisa Gulcher and her staff know if you are taking medications that increase sensitivity to light such as Tetracycline, Doxycycline, Minocycline, and hydrochlorothiazide (HCTZ). You will need to stop these medications at least 1 week prior to treatment. Please confer with your prescribing doctor before you hold any of your medications.

Please avoid aspirin and/or non-steroidal anti-inflammatory drugs (Motrin, Aleve, Advil) 1 week prior to your treatment to minimize risk of bruising. Do not stop your medications without conferring with your prescribing doctor. You cannot receive treatment if you have taken Accutane within the past 6 months.

Avoid irritants to your skin such as any products containing retinoic acid or retinol (Retin-A, Triluma, Differin, Tazorac), benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for at least 3 days prior to your treatment.

Do not use sunless tanning products for 1 week prior to your treatment.

If you have a history of Herpes Simplex (cold sore/fever blisters), an anti-viral medication may be prescribed for you by Dr. Gulcher prior to receiving treatment. If you have an active cold sore or skin infection in the area to be treated the day of your treatment, please call our office to reschedule your treatment at 847.719.2200.

DAY OF TREATMENT

Please arrive 30 minutes prior to your 1st appointment to sign consents & have your pictures taken.

If possible, do not wear any make-up or lotions on your treatment area. If the treatment area has hair, please shave area the night before or morning of your treatment.

You may experience mild redness and slight swelling for a period of 2 hours to 7 days, discomfort and/or mild burning sensation, and/or bruising. Freckles and sun spots usually become darker after each treatment and may slough off during the week after an IPL treatment. You may also experience some crusting which usually resolves within 1-2 weeks. It should be allowed to naturally flake off. Do not pick/pull at the lesions.

POST CARE

You may experience temporary mild discomfort and/or mild burning for a few hours after treatment. Normal post treatment effects include redness, swelling, bruising and/or discoloration of the treated area for a period of 2 hours to 7 days. Freckles and sunspots will become darker after treatment. They will typically lighten within 5-7 days and may slough off during the week following treatment. Crusting or scab formation is common. Please allow the crust or scab to naturally fall off. Do not pick or pull!!

Please avoid strenuous exercise, hot tubs, saunas & steam rooms the day of your treatment. You may resume normal activities & mild intensity exercise immediately after your laser treatment.

An ice or cold pack may be applied immediately following your treatment and you may continue to apply to the area for the next 24 hours to minimize swelling and/or discomfort. You may also take Tylenol as needed for discomfort.

Aloe Vera gel may be applied immediately after your treatment and as needed to soothe the skin.

Avoid sun exposure and tanning beds to the treated areas for at least 1 week after your treatment. You may apply sunless tanners immediately after your treatment. Don't forget to avoid the sun/tanning beds for 2 weeks prior to your next appointment. Sunless tanning products may be used up to 1 week before your next treatment.

An SPF 30+ sunblock with Zinc Oxide will be applied after your treatment. You should continue to apply sunblock daily to optimize results and prevent irritation and hyperpigmentation.

Makeup may be applied immediately following treatment. A gentle non-exfoliating cleanser and light moisturizer should be used the day of treatment. Your normal skin care regime may be resumed the day after treatment or as directed by our clinical staff.

Avoid any irritants to your skin, such as products containing retinoic acid/retinol, benzoyl peroxide, glycolic or salicylic acids, astringents, hydroquinone or vitamin C serums/creams for a few days following your treatment. Medical-grade chemical peels may be resumed 1 week after your laser treatment. If you have any questions regarding your post-laser skincare regimen, please ask Dr. Gulcher or her staff for guidance.

Do not wax, tweeze or use a depilatory to the treated areas for a few days following your laser treatment.

If you receive Botox, Dysport or dermal fillers, these can be resumed within a few days following your treatment.

If you develop a cold sore or infection in the treatment area, please notify us immediately at 847.719.2200

Don't forget to schedule your next appointment. We will be happy to coordinate follow-up appointments around your schedule to minimize any inconvenience.