



## **Instructions for Solar Lentigines (Sun Spots)/ Photorejuvenation Treatment**

### **Before your treatment...**

- Avoid sun exposure, self-tanning products and tanning beds for at least two weeks prior to IPL treatment.
- Please remove all jewelry.
- Wear loose clothing.
- Your sunspot removal may include one to four treatments spaced four weeks apart. Your clinician will present a treatment plan for you upon consultation and evaluation of your response to the laser/light system.
- A cold roller will be used to make the treatment more comfortable.
- You may resume normal daily activities immediately following your laser treatment.

### **After your treatment...(Follow these directions for one week after each treatment)**

- The IPL treated area may look crusty or like particles of dirt where the spot was treated. The area should be cared for as a burn, some crusting may occur and should heal in 7-10 days.
- Apply aloe vera gel twice daily for one week.
- Take Tylenol per packaging directions as long as needed for discomfort.
- No shaving over treated area as long as area is red and or swollen.
- Avoid all sun exposure, self-tanning products and tanning beds between laser treatments.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF-30 daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid swimming pools or hot tubs to prevent infection.

**If you have any questions or concerns, please call our offices at 859-246-0006**