

Suh esthetics

Patient Instructions- IPL, Non-Ablative Light Treatment

Pre-Treatment Guidelines:

*Recommended guidelines from Dr. Suh for obtaining **the best results** from your energy/light/laser treatments:*

- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinones, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products 3 days prior to your treatment.
- Please come with clean skin, no lotions, makeup or fragrance in the area to be treated.
- Avoid sun exposure or tanning 2 weeks prior to treatment. Avoid application of self-tanning lotions for 3 days prior to treatment.
- The area to be treated must be clean shaven (body or face for men).
- For hair removal patients, stop waxing, tweezing or sugaring 3 weeks prior to treatment.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- Patients who have used Accutane within the last 6 months CANNOT have laser services.
- Patients should not perform any physical activity that increases body temperature 24 hours prior and the day of the treatment.

What should I expect from my laser treatment?

- During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin. A topical numbing agent is available for purchase in advance of your treatment and can be applied at home up to 60 minutes prior to your appointment. Alternatively, you will be scheduled a 30 minute appointment prior to treatment for numbing.
- You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. Our office dispenses prescription post procedure care products that provide comfort and improve your clinical outcomes.

What should I expect from my Laser Hair Removal?

- Allow 1 week post treatment for hair to "fall out"
- On average, patients experience 20-30% less re-growth after each treatment.
- On average, patients experience 70-90% reduction in hair growth after a series of treatments.

What should I expect from my Photofacial/IPL treatment?

- During treatment, pigmented areas will turn ash gray and fade to red. Over the next 2-3 days pigmented areas will darken about 2 or 3 times their original color. Pigment will then "scab" and begin to flake off in the next 5-7 days.
- It is important that you allow sloughing to occur naturally. Any manual exfoliation (harsh scrubbing, picking at healing tissue, etc.) can cause hypo-pigmentation and possible scarring.
- Most patients will require 3-6 treatments to achieve desired results.

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Post Light/Laser Treatment Care:

- Avoid sun exposure for 2 weeks post laser treatments.
- Use of a broad spectrum UVA/UVB SPF 30+ is critical when receiving any laser treatments, and is recommended for maintenance of results. Any sun exposure may darken or burn treated areas.
- Tylenol is recommended post treatment if continued discomfort occurs.
- Avoid any additional laser treatments or peels in treated areas for 2 weeks or until complete healing has occurred.
- You may apply ice packs, cool towels or aloe-vera to alleviate discomfort. Avoid any topical products until skin feels back to normal.
- Following laser treatments it is important to schedule regular Hydrafacials and continue to use recommended skin care treatment products at home. We recommend Elta MD or our office dispensed prescription post procedure care products (complimentary with package purchase), and Regenica skincare products for regular at home care to replenish and protect your skin.
- Protect your skin and treatment investment by using sunscreen! Proper and frequent application of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always. We recommend Colorescience Sunforgettable SPF 50 Brush-On Sunscreen.

For best results, you will need to maintain a consistent treatment schedule.

If you have **any concerns at any time**, please call us at [425-998-9227](tel:425-998-9227)