

Seiler Skin's Pre & Post-Care Instructions for IPL Photorejuvenation

Pre-Care Instructions:

- The following conditions which are CONTRAINDICATIONS to treatment: history of melanoma, raised moles, suspicious lesions, keloid scar formation, healing problems, active infections, open lesions, hives, herpetic lesions, cold sores, tattoos or permanent make-up in area of treatment, recent use of Accutane, tetracycline, or St. John's wort in the last year, autoimmune diseases such as Lupus, Scleroderma, Vitiligo, pregnancy, trying to get pregnant, or nursing.
- Do not tan or use self tanner in areas to be treated for 4 weeks prior.
- Avoid any irritant chemical, soaps, lotions to area for the week prior.
- Wear long hair in a ponytail, away from face and neck. Come without makeup.

Post-Care Instructions:

- Use the Avene SOS Kit (instructions in the kit) or Avene cicalfate and products as instructed. Some redness and swelling is normal and may feel similar to a sunburn. This should resolve in a few days to a week. Some people may react more and have redness up to a month or longer. Notify Dr. Seiler if it persists longer than a few days.
- During the next week, you may develop a fine crust/rugburned look. **DO NOT PICK AT THEM.** This may last for several days to weeks. Keep area moist and clean. Vinegar/water soaks will help with the itching, skin sloughing, and cleansing. Mix 2 tablespoons of vinegar and 1 cup of cold water. Soak a washcloth in the solution and cover your face for 10-20 minutes. You can do vinegar soaks as often as desired.
- For spider veins: bruising is very common. This is a good sign, this does not mean it is worse! However, the lack of bruising does not mean that the vessel was missed!
- Small blisters may occur. Keep area clean. Notify Dr. Seiler if this happens.
- You may apply cool compresses/ice for comfort.
- Gently clean the area twice daily with mild cleanser.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- Moisturizers may be used if they do not sting when applied.
- Apply Sunblock (with zinc) for at least six weeks if not for your lifetime!
- Shaving should be avoided until comfortable. Begin with light shaving.
- Avoid strenuous exercise for the day as sweating may sting.
- Make-up may be used as long as skin is not broken or irritated.
- Resuming normal products:
 - TNS Recovery Complex, Essential Serum, Eye Serums and moisturizers can be used the same day of procedure
 - Skin lightening creams can be restarted 3-7 days after, to be determined by Dr. Seiler
 - Retinol: wait 1 week before resuming, this will also be determined by Dr. Seiler

Notify Dr. Seiler if you have any questions, concerns, problems. 205-870-0204 or 205-873-2340.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call the office and Dr. Seiler immediately if I have any questions or concerns. **Initial** _____