



3T Photorejuvenation: Intense Pulsed Light (IPL)

3T Photorejuvenation utilizes lasers and radiofrequency energy to dramatically improve the overall quality of skin; Tone, Texture, & Tightening. To obtain the best results & minimize risk of complications please follow these guidelines (also available online @ www.RenuLaserSpa.com).

Preparations for Intense Pulsed Light (IPL) treatment:

- *Intense Pulsed Light (IPL)* requires a series of treatments to deliver incremental improvement in skin tone, evening out brown & red discoloration. While your initial series of 5 treatments will begin to improve your skin, you may need more treatments, proportional to the degree of your initial discoloration to achieve satisfactory results. Maintenance treatments may be necessary as underlying conditions may recur. After your initial series, additional sessions must be paid for as needed.
- IPL does not usually address textural concerns, such as wrinkles or acne scarring as well as Melasma, which can be improved with our Fractional Laser. Skin tightening is best achieved with a Thermage® treatment. These can be purchased to better improve the overall quality of your skin.
- Avoidance of the sun (also tanning beds, bronzers, & self-tanners) throughout your treatment series is critical to minimize complications. Consider wearing a hat. Our staff can help you select the appropriate daily sun block for your skin type and condition. If you present with a tan, you will be rescheduled 3 weeks later.
- Commitment to Renu Rx Age-Defying Skin Care program: To minimize complications and optimize effectiveness of IPL treatments, it is critical to discontinue all other topical agents (except for prescription medications) to treated area. You will use your skin care program for 2-3 weeks as directed prior to your 1st treatment. Consistently use your skin care program between treatments. *We strongly recommend this skin care program afterwards to maintain benefits of your IPL treatments.*
- Discontinue Aspirin, Motrin®-like medications for 10 days before a treatment. Photosensitizing agents should be discontinued 4 days in advance. After confirming with your physician, stop coumadin 4 days beforehand. They can be resumed immediately afterwards. Accutane® must be discontinued for a minimum of 3 months prior to treatment. Discontinue the use of any topical Vitamin A retinoids for 3 days before your treatment (including Trilyte, Multi-tasking crème, A-limininate and Obagi Tretinoin .05% or .1%). You may resume using these products once the skin is no longer red or sensitive.
- If you frequently get cold sores on lips and this area is to be treated consider taking Valtrex, one 500mg tablet by mouth twice a day on the day of & day after your procedure (please ask for prescription).
- Please remove hair from the treatment area (a \$25 fee will be imposed for failing to shave).
- Without exception, remove all make-up from the treatment area. You may reapply afterwards.
- Some patients choose to use a topical anesthetic to lessen the mild discomfort from the IPL treatment. Apply *Renu Rx TripleCaine cream sparingly* to the treatment area 30 minutes before your procedure. **Only use on small areas.** *Test cream on small spot on your arm before 1st application. If it turns red & itches, then don't use.*

Post-treatment care:

- You may return to regular activities immediately (minimal down time).
- The appearance right after treatment is similar to what you will see after a good exercise workout. Depending on the components of your laser treatment, flushing and slight swelling will last from minutes to several days. Brown spots and uneven pigmentation will usually darken after treatment. These temporary effects will gradually disappear, usually in a few weeks, but sometimes in a few months. Mild flaking is also possible. Very rarely, minor bruising occurs, usually resolves over a few days. *Apply an ice pack immediately afterwards* and take ibuprofen or Tylenol® for relief of discomfort.
- Blistering is exceedingly rare. Please contact us. You need to take special care of the area to minimize potential scarring. Cleanse twice daily. Apply an antibiotic ointment (e.g., Neosporin®) 3 times a day until the skin has healed. Absolutely avoid sun exposure and use sunscreen. Redness that spreads to surrounding, untreated skin and increasing pain are possible signs of infection and you should notify us immediately.

Pre-Payment:

We require payment for all cosmetic procedures at the time of scheduling each series. **Payments are non-refundable.** Photorejuvenation treatments are considered a medical expense and consequently may be tax deductible or qualify for employer sponsored medical spending accounts.

Please call us toll-free (866) 966-RENU if you need to reschedule your appointment. Please be advised that we have a 24-hour cancellation policy for all services. A \$25 fee will be charged for a missed appointment.