Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Name: DOB: Date:

Recommended Pre & Post Care for Lumecca

For best results please follow these instructions

OVERVIEW

IPL Lumecca is based on the principles of selective photo thermolysis. The light penetrates the skin and is selectively absorbed by the lesion chromophore (melanin or hemoglobin) having darker color than surrounding tissue. Absorbed energy is converted into heat, coagulating the lesion which fades during the weeks following the treatments. Multiple treatments are required for the best results.

To prevent pigment changes, you should stay out of the sun for at least one month prior to treatment and one month after treatment. If you are gong to be exposed to the sun, you should either cover the area with clothing or use sunblock protection. If you arrive for your appointment with a tan, the treatment must be postponed for your own safety.

PRE-PROCEDURE INSTRUCTIONS

- Stop taking light sensitive medications such as tetracycline, fluoroquinolone, and tricyclic anti-depressants.
- If you have a history of cold sores, please let us know so we can pre-treat you with Valtrex.
- Avoid irritant topical agents 2 to 3 days before treatment.
- No sun-tanning or self-tanners for 4 weeks prior to treatment including spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, plucking, tweezing, depilatories, chemical peels, scrubs, etc.)

POST- PROCEDURE INSTRUCTIONS

- Cosmetics may be applied if the skin is intact.
- Strictly avoid sun exposure to the treated area for one month as this area will be more prone to sunburn. Sunblock should be used for 3 weeks following the treatment and should be worn at all time to avoid pigmentation recurring and to maintain results.
- Tylenol and cold compresses for any discomfort.
- Avoid a hot water and heat for 1 to 2 days.
- Wait 3 to 5 days before restarting retinoids.
- If the treated area blisters or crusts, use Bacitracin Ointment and call the office for a follow up visit.
- There may be some discomfort, redness and/or swelling associated with the treatment.

10 Mott Avenue Suite 1A Norwalk, CT 06850 Phone 203-838-8844 Fax 203-774-1177
www.drkirwan.com