



Luvo Lucent IPL Photorejuvenation Patient Instructions

Prior to Treatment

- Avoid sun, tanning beds, or the use of self-tanning creams 2 to 4 weeks prior to treatment.
- Use a minimum SPF 50 physical sunblock (mineral) over the treatment areas 2 weeks prior to treatment.
- Avoid skin care, cleansers, and toners that contain Retin-A, glycols, salicylic acid, witch hazel, benzoyl peroxide, alcohol, Vitamin C, and the like. If you have a question about your skin care or makeup products, please contact your technician prior to treating. Please understand that if you are using one of the listed ingredients it will postpone your treatment.
- Do not take any steroids, anti-inflammatories (Ibuprofen, Aleve, etc.) for 24 hours before appointment.
- Numbing cream (topical lidocaine 5%, can be purchased from pharmacy or Amazon), should be applied to the area that will be treated an hour prior to your appointment.

After Treatment

- It is very important to ice, 10 minutes at a time maximum, every 4 hours for the first 2 days in order to reduce swelling for skin resurfacing and vascular treatment.
- No anti-inflammatories (Ibuprofen, Aleve, etc.) for 48 hours post-treatment.
- Showers are fine, but avoid very hot water and any direct shower spray to the area for 48 to 72 hours following treatment. Avoid all saunas and hot tubs.
- Avoid strenuous exercise for 48 hours (including hot yoga).
- If swelling occurs, sleep with 1 or 2 extra pillows at night to keep head raised for the first 2 nights.
- Do not use any retinoid, Retin-A, or glycolic products for 1-2 weeks post-procedure. Do not use any non-prescription creams without discussing it with your provider first.
- Refrain from any chemical peel treatments or microdermabrasion for 4 weeks post-procedure.
- Itching after a treatment is part of the healing process, but avoid scratching and rubbing the treated skin. Do not use adhesive dressings over treated areas. Take a non-drowsy over the counter antihistamine as needed.
- Men may shave (gently) 3 days post-treatment.
- Avoid direct sunlight for a minimum of 4 weeks after your treatment. Wear provider-approved physical sun protection for the following 4 weeks. If active outdoors, re-apply your sunscreen every 2 hours and wear a wide-brimmed hat.
- Retinoids and other skin care products can be restarted after the treatment once the skin has healed, which can take 1-2 weeks.

If you have any concerns or questions, please do not hesitate to reach out to us at (503) 226-3376.



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