



## LUMECCA

### Pre-Treatment Recommendations

- Avoid any tanning for 6 weeks prior to treatment. This includes any form of self-tanners.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior.
- Let your skin practitioner know if you have a history of hyperpigmentation. Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.
- Anticipate a social “downtime” of 2-3 days before any redness, swelling and sloughing of the sunspots has subsided.
- Avoid retinol and other irritant topical agents (Benzoyl peroxide, AHAs, BHAs) for 4 days prior to treatment.
- If applicable, please come clean-shaven in the areas to be treated (this usually means the face and neck).

### Post-Treatment Recommendations

- You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours. Skin redness is normal and may last a few days.
- There may be a slight amount of swelling.
- Crusting or blistering is common and not serious. Pigmented areas may begin to flake after a few days.
- Cold compresses may be useful for the first 24 hours.
- Your skin will be fragile for 2-3 days. Use gentle cleansers, do not rub the skin, and avoid hot water during this time.
- Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week.
- Makeup can be applied immediately if the skin is not broken. We recommend mineral based makeup.
- Avoid the sun and use sun block.
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas).
- Sun spots and age spots will DARKEN with the treatments BEFORE they begin to respond and resolve. This is expected and a normal part of the process. Do not pick, scrub and exfoliate these spots. Allow them to shed on their own.

