



## TITAN, GENESIS, IPL, PDT, AND VEINS

### POST-TREATMENT INSTRUCTIONS

You underwent laser and/or light-based treatment of your skin today. This was one of numerous sessions you will need to get the desired results.

#### POST-OPERATIVE CARE:

##### General:

- Use non-comedogenic sunscreen with both UV-A and UV-B protection and SPF of at least 40 on your face and neck for the next two weeks. From then on you should use daily non-comedogenic sunscreen with both UV-A and UV-B protection and SPF of at least 20. **IT IS IMPORTANT THAT YOU DO NOT TAN OR USE SELF-TANNERS DURING YOUR TREATMENT COURSE.**

##### Laser Genesis and Titan:

- Laser Genesis and Titan do not require any special post-therapy care. Please resume your normal skin care regimen. You may apply cosmetics on the day of treatment.
- For Genesis, you will probably need 5 sessions, followed by a single maintenance treatment every 6 months or so. For Titan, you will probably need 3 sessions, scheduled 1 month apart, followed by a single maintenance treatment every 18 months or so.

##### IPL:

- Following IPL, your face will appear red and feel hot for up to 2 hours. (If you had treatment of your chest or arms, there may be a slight checkerboard appearance following the first treatment, which should resolve after the second treatment.)
- You may resume your normal skin care regimen immediately. Please do not exfoliate for at least 24 hours after IPL. You may apply cosmetics on the day of treatment.
- The treated pigmented lesions usually darken to look like ground black pepper flakes within 3 days and flake off within 10 days. The darkened areas should be allowed to flake off naturally for best results. It is important to **keep the treated area well-moisturized**, as IPL treatment can have a temporary drying effect.
- If you develop crusting, moisturize the skin with Cicalfate, Neosporin Plus Cream, or Aquaphor to enhance healing and provide comfort.
- If prolonged redness occurs, or if a wound develops, please call us at 440-779-1000.
- You will probably need 3-4 sessions scheduled 1 month apart for each IPL. Please call 440-779-1000 to schedule appointments.

##### PDT

- Diffuse redness is common after PDT, and may take up to a 2-3 days to resolve, and there may be crusting and flaking, which may last up to 3 days.
- You will be particularly sensitive to the sun. In addition to wearing a sunscreen with both UV-A and UV-B protection and SPF of at least 40 throughout your treatment, we recommend wearing a wide-brimmed hat when outside for the first 48-72 hours after treatment.

##### Face veins:

- You will have localized redness and possibly slight swelling for up to 36 hours. If you are prone to puffiness under your eyes, you may experience similar puffiness for the next day or so.
- Please apply a cold pack for no more than 5 minutes at a time to each area, every 10-15 minutes for the rest of the day.
- Gently cleanse your face tonight. You may resume your normal skin care regimen the day following treatment. Please do not exfoliate for at least 48 hours after treatment of face veins. You may apply cosmetics on the day of treatment.

**If you have any questions, please call 440-770-1000.**