



*Beauty, laser & wellness center*  
Monica Bonakdar, MD

**IPL FotoFacial Post-Treatment Instructions**

**Cold Sores:**

1. If you have ever previously experienced a **cold sore or a Herpes Infection** in the area of your IPL treatment, you must start on antiviral prophylaxis on the day of your treatment.
2. If this applies to you, inform Dr. Bonakdar. You may purchase Zovirax antiviral at the office or ask for a prescription to take to your pharmacy.

**Pre-Treatment Clinical Facial:**

1. One week prior to your IPL treatment, schedule for a **Dr. B Signature Oxygen Facial** to exfoliate and hydrate your skin.
2. Pre-treatment clinical facial will exfoliate the top layer of your skin and allow the IPL treatment to be more effective because it will penetrate deeper into the skin.

**Pre and Post-Treatment Products:**

1. Randomized double-blind controlled studies have shown significantly better results when IPL treatments are combined with home use of cosmeceutical products.
2. From one week prior to your treatment to one week after your last treatment, you will use the following Prescribed Solutions customizable cosmeceuticals.
3. Cleanser:
  - Don't Be So Sensitive Post Procedure Cleanser
  - Starting/Up Face Glycolic Anti-oxidant Cleanser
  - Surface Improvement Exfoliating Polish
4. Corrective Products:
  - Line Subtractor Anti-aging Serum C+AHA
  - Control Tactics
  - Radical Results Anti-oxidant Serum C+E
  - A Bolt of Lightening Skin Brightening Serum
  - Retri Derm
5. Sunscreens
  - Lasting Results Moisturizer with SPF 30
  - Up the Anti Full Spectrum Sunblock with SPF 30

**Post-Treatment Pink, Warm and Swelling:**

1. Immediately following your IPL treatment, your skin may feel warm like a mild sunburn and appear pink. This will subside within the next hour or two. In sensitive individuals sometimes these symptoms continue and cause swelling the next day.
2. **Icing** the skin is recommended if the skin remains pink and warm the evening of the treatment to prevent swelling.

### **Post-Treatment Brown Spots**

1. Over the next five days for face treatments and the next ten days for non-facial treatments, the brown spots from sun damage become darker due to their accelerated growth to the surface of the skin. Brown spots once at the surface will start to exfoliate and flake off with regular cleansing.
2. You may cover the brown spots with **True Mineral Makeup** in the meantime. With this make-up, your skin can breathe and your pores will remain unclogged. This make-up has SPF 17 and contains Idebenone- a potent antioxidant, for an extra layer of protection and healing.
3. We recommend an exfoliating facial at one week post treatment to assist in removing the residual pigmented cells that have surfaced.

### **Post-Treatment Broken Capillaries**

1. Broken Capillaries treated either seal completely and are gone or may rupture under the skin and cause a bruise. If bruising occurs, it may take up to one week to heal.
2. Icing, Arnica pills and Arnica gel reduce this healing time.
3. You may cover the bruises with **True Mineral Makeup** in the meantime. With this make-up, your skin can breathe and your pores will remain unclogged. This make-up has SPF 17 and contains Idebenone- a potent antioxidant, for an extra layer of protection and healing.

### **Post-Treatment Sun Exposure:**

1. Excessive sun exposure may cause complications such as blistering, hyper-pigmentation or hypo-pigmentation during the healing phase.
2. Non-excessive sun exposure with SPF 30 or higher sun screen, Glasses and hat is allowed after healing is completed.

### **Maintenance Protocol:**

1. Now that you have taken the steps to improve your skin, it is important for you remain proactive about maintaining your results and your investment.
2. **Home Care Products-** Your skin has the potential to continue to improve during the next six months if you nourish it with high potency cosmeceuticals.
3. **Advanced Clinical Facials** are there after recommended monthly to maintain your results. Your at home maintenance skincare will be further customized by Dawn at these session.
4. **Repeat IPL Treatments-** One IPL treatment is recommended every three to twelve months after finishing your series because of on-going sun exposure in Southern California. Further treatments will result in further color correction.

### **Sun Protection Clothing and Accessories:**

Solumbra V Protection clothing and hats are recommended and can order online from their website. Solumbra's UV protection clothing and hats guarantees 30+ SPF protection even after 500 launderings and 500 summer days.

[www.supercautions.com](http://www.supercautions.com).

### **Contact Information**

If you have any questions, please do not hesitate to call the office: **(949) 721-6000**  
Dr. Bonakdar can be reached after-hours on her cell phone: **(714) 504-9222**