

## Stellar M22 IPL Pre and Post Care Protocol (5/15/21)

### **6 MONTHS BEFORE YOUR APPOINTMENT**

- No Accutane medication.

### **4 WEEKS BEFORE YOUR APPOINTMENT**

- No doxycycline, minocycline, or tetracycline medication, medications that can make your skin burn easier.
- No sun bathing, tanning beds, or spray tanners.

### **1 WEEK BEFORE YOUR APPOINTMENT**

- No aspirin or ibuprofen. Notify the doctor if you take blood thinners. (Tylenol is okay.)

### **2 DAYS BEFORE YOUR APPOINTMENT**

- No alcohol consumption.
- No skin exfoliates or face cleaners that are harsh to your skin.
- Purchase a high quality SPF 30+ sun screen lotion and store a few damp wash cloths in your freezer for after care.

### **THE DAY OF YOUR APPOINTMENT**

No creams or make-up on the treatment area. Otherwise please arrive 10 minutes early in order to cleanse your skin with provided cleaner. Allow 30-90 minutes for your appointment depending on the size of the treatment area. Pre-treatment photos may be taken. Prior to treatment, you will be given goggles or special eye shields. Your skin will be cleansed once again with 50% isopropyl alcohol and cooling ultrasound gel will be applied to the treatment area. Following treatment, the ultrasound gel will be removed along with the protective eye shields. A cold towel will be placed over the treatment area followed by a moisturizing sunscreen.

### **POST CARE INSTRUCTIONS**

Expect your skin to appear pink (resembling a mild sunburn) for a few hours after treatment. Make-up may be applied to cover any redness if needed. Your skin may be temperature sensitive for several days after treatment. Brown spots and freckles will appear darker while healing. For skin treatments, plan for 2-3 treatments and allow 4-6 weeks between each treatment for optimal results. For dry eye treatments, plan for 3-4 treatments over a 4-month time period to achieve the desired results. It is anticipated you will notice an improvement in ocular comfort after the 3<sup>rd</sup> treatment with continued improvement through and after the 4<sup>th</sup>. A maintenance follow up may be scheduled in 4 - 6 months. Additional maintenance treatments may be necessary every 6 to 12 months. The treatment sessions are designed to provide no downtime, however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 off) several times an hour to help ease both redness and swelling, if necessary. Sleeping with your head elevated for the first night will also help decrease any swelling you may experience. Blistering and crusting are rare; however, if these do occur simply apply a thin layer of over the counter antibiotic ointment such as polysporin 2-3 times a day for several days. Do NOT pick scabs. Please call us if you experience these uncommon reactions. Hyperpigmentation (darkening of the skin color) can occur in some skin types, please call us if you experience this uncommon reaction.

### **THE WEEK(S) AFTER YOUR APPOINTMENT**

- No aspirin, ibuprofen, alcohol, heavy lifting (40+ lbs.) or exertion for 2 days after treatment to avoid flushing.
- Use mild cleansers and moisturizers.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Avoid direct sunlight on the treated area and use a high quality SPF 30+ sunscreen for 6 weeks after your treatment.
- No doxycycline, minocycline, or tetracycline during the treatment process.
- Anticipate some social downtime following your treatment while your skin recovers.

### **MAXIMIZING BENEFITS OF YOUR TREATMENT**

The clinic will provide dry eye treatment patients with artificial tears and lid hygiene products for use following treatment. These products have been specifically chosen to maximize the treatment process and give lasting relief from dry eye symptoms. Many of these products are available to purchase through Stine Eye Center, LLC at a significant savings.