



Discharge Instructions: Lumecca IPL

Thank you for allowing us to treat you at Self Care LA!
We're excited to take this Lumecca IPL journey with you.

During-treatment care:

- Immediately after your treatment, we will apply CE Ferulic serum from SkinCeuticals; this is designed to reduce oxidative damage and will aid in correcting the photodamage from sun exposure
- After 10 minutes we will apply Physical Fusion UV Defense Sunscreen from SkinCeuticals

Post-treatment at home care:

- You can use moisturizer creams (i.e Cerave) or Aloe-Vera 24 hours after treatment
- PLEASE avoid active sun exposure for the month following treatment
- Use sunscreen SPF 30 or higher, this will provide much needed UVA/UVB protection
- Wear a hat or protective clothing, as this will help avoid hyperpigmentation and optimize your results
- Avoid any products NOT designed to penetrate the skin for 1 week following treatment such as: scrubs, toners, glycolic acid and tretinoin
- Do not exercise or swim for at least 24 hours after treatment

How to maximize your results:

Continue using SkinCeuticals products to optimize your Lumecca IPL results. Ask your Self Care LA provider for more information.

Lumecca IPL has excellent value as a single treatment but works wonders in a series, our recommendation is to get treated monthly for at least 3 months, then move towards maintenance sessions during the fall and spring seasons. Additionally, Lumecca IPL has wonderful synergistic effects along with Morpheus 8.

Questions? Feel free to call/text or email us. Thank you for trusting us to help you achieve your aesthetic goals!

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