



Lumecca Pre & Post Care Instructions

Pre Treatment:

- Avoid Accutane or isotretinoin products for six months before treatment.
- Avoid doxycycline, minocycline, or any other photosensitizing medications for three days before treatment.
- Avoid retinol and other irritant topical agents for at least four days ahead of treatment.
- Inform your physician or skin specialist if you have a history of hyperpigmentation or Melasma.
- No tanning/spray tans/sunless tanner four weeks before treatment and always use SPF 50 during outdoor activities.
- You may shave the area to be treated. Long and dark hair may absorb light and leave burn marks on the skin.

Post Treatment:

- Avoid intense exercise and/or hot saunas- heat and friction can adversely affect treatment results.
- Avoid excess sun exposure and use SPF 50 .
- Avoid using retinoids or tretinoin on the areas treated for one week post-treatment.
- Avoid using beta-hydroxy or vitamin C scrubs on the areas treated for one week post treatment.
- Avoid using scrubs or exfoliants on the areas treated for one week post treatment.
- Avoid chemical peels for at least 2 weeks post treatment (ask your provider).

While every case is different, most people experience some swelling and redness after undergoing Lumecca treatments. Many also experience the following:

- Crusting or blistering
- Flaking of pigmented areas treated with Lumecca
- Fragile skin
- Temporary darkening of sun and age spots before they finally begin to respond and diminish