



# LUMECCA

INTENSE PULSED LIGHT

## RECOMMENDATIONS AFTER YOUR TREATMENT

**Congratulations! You have just completed your *Lumecca* treatment. Here are our recommendations to follow for the next two weeks. If you have any questions or concerns, do not hesitate to contact us. We are here to help you.**

- The appearance of **redness, swelling, tiny scabs and darkening of pre-existing spots** is normal and expected following treatment. These symptoms usually go away within 24 to 48 hours, but may persist for up to 2 weeks. We advise you to **avoid any manipulation** of your skin during the healing process.
- In the event of redness or greater heat sensation, we recommend you **apply cold compresses** (5 minutes on, 10 minutes off) in the following hours. Although very rare, please contact us if you experience a **burning sensation or appearance of blisters**.
- Please **keep your skin well hydrated** using a cream adapted to your skin type twice daily. We also recommend you use a **mild facial cleanser** and avoid the use of skin care products with inflammatory or exfoliating properties up to 14 days after your treatment, such as : retinoids, vitamin A and C, hydroquinone, benzoyl peroxide or alcohol.
- Please avoid receiving **other treatments at the clinic or at the esthetician** 2 weeks after your treatment, including but not limited to : micro-dermabrasion, laser, Morpheus8, chemical peels, injections of neuromodulators and dermal fillers.
- Please avoid activities that cause heavy sweating, such as **physical exercise** or **sauna** for 2-3 days.
- During the next 4 weeks, or until all symptoms have completely subsided, it is recommended that you **avoid sun or UV light exposure** and that you use an **appropriate SPF 45+ sunscreen** to avoid skin damage.

[www.clinicare.ca](http://www.clinicare.ca)



If you have any additional questions, please do not hesitate to contact us at **(514) 466-8822** or via [info@clinicare.ca](mailto:info@clinicare.ca)