



PARFAIRE
Medical Aesthetics

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CLEAR SKIN WITH LUMECCA - TREATMENT CARE INSTRUCTIONS

Pre-Treatment Recommendations

- 5 days before treatment - discontinue Retin-A, Tretinoin, Hydroquinone skin lightening products or any self-tanning products.
- Discontinue Accutane (or products containing isotretinoin) for at least 2 months prior to treatment.
- Avoid sun tanning for at least 2 weeks prior to treatments. This will also be required after treatments.
- Notify our medical professional if you have had recent chemical or mechanical peels, laser resurfacing, injectables within the past 4 weeks.
- Notify our medical professional if you have any metallic dental implants.
- For treatment of pigmented skin lesions, you should first consult a specialist if there is a family or personal history of skin cancer, or if you have these concerns.
- Shave any hair present in the area to be treated.
- Do not plan this treatment if you are pregnant or are trying to get pregnant.

Treatment Day and Immediately After Treatment

- Arrive at the office with a “clean face”. Please do not wear makeup. You may bring your own makeup to apply after your treatment.
- To maximize your comfort during the procedure, a topical anesthetic or air chiller may be applied.
- You will experience a sensation like rubber band snapping with flushing bright light during treatment, eye protection will be provided.
- Redness and some degree of darkening of pigmented areas are expected.
- You may experience some tenderness and hot burning sensation at the treatment site(s) that can last for a few hours and up to a day or day depending on your condition.

Post-Treatment Recommendations

- There is a likelihood some pigment areas will take the appearance of patches of what looks like pepper grains, and it will become even darker after the first day of treatment, typically turning darkest around day 3 or day 4. **Do not panic.** These “pepper grains” will fall off on

their own in 7-10 days. Treat your skin gently. Do not pick, squeeze, scratch, rub, or scrub your skin. Manually scraping off these pepper grains may leave dark pigmented areas.

- Following steps are recommended for post treatment daily skin care:
 - Step 1 - Gently cleanse once or twice daily.
 - Step 2 - Apply Parfaire Skin Whitening Cream post treatment **day 3**, or Parfaire HQRA post treatment **day 7**, (HQRA is a combination of Whitening Cream and Retinol). Apply once daily, continue for 6-8 weeks. It is an adjunct to the treatment for a longer lasting result, also to minimize the occasional complications of hyper- or hypo-pigmentation that associate with certain skin types.
 - Step 3 - Apply a moisturizer twice daily. Intensive Recovery Therapy is a medical grade intense moisturizer designed for post procedure healing.
 - Step 4 - Apply SPF 40 or greater daily.
- Tanning soon after treatment should be strictly avoided.
- Avoid trauma (hot baths, massages, etc.) to the treated site. Avoid irritants (glycolics, retinols etc.) and aggressive facials or microdermabrasion for at least one weeks after treatment or longer if skin is still symptomatic.
- There is a possibility of short-term effects such as discomfort, redness, mild blistering or scabbing, bruising, and discoloration of the skin, which generally resolves within 2 weeks, as well as the possibility of rare side effects such as scarring and permanent discoloration.
- Notify our medical professional if you develop a blistered, striped or ulcerated area.
- Multiple treatment sessions may be needed to achieve optimal results depending on individual condition and response.

Please call our office should you have any questions or concerns regarding your Clear Skin with Lumecca treatment or aftercare at 626-844-7273 (Tue-Sat 10am-6pm), or email anytime at reception@parfaire.com.

The entire staff at Parfaire Medical Aesthetics committed to patient education, safety and care.