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**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 tretinoins 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