

Lumecca

What to know before your procedure:

- ★ Patients who have a **tan** have an increased risk of adverse events and permanent pigment changes with Lumecca. **Please arrive without any tan or recent sun exposure!**
- ★ If you get cold sores, you need a medicine prior to treatment and must alert your provider!
- ★ While there is no real downtime, you can usually resume normal activity and skin care afterwards.
- ★ If you are on doxycycline, or another drug that increases sensitivity to light, you must discontinue for at least 1 week and alert your provider immediately.

What to expect after your treatment

- Mild heat, redness, swelling similar to a MILD sun burn for 24 to 48 hours.
- Sensitivity to extreme heat or hot water.
- Pigmented lesions (dark spots) may initially look raised and darker like coffee ground.
- In rare cases, blistering may occur. Keep the area hydrated with vaseline and contact your provider if you experience any blistering!

What to avoid

- Discontinue any prescription and non - prescription retinoids for at least 7 days. Examples include Epiduo, Tretinoin, RetinA, Velten, Differin, Tazorac, Alpha Ret, Renova.
- Waxing or Shaving should be avoided for at least 14 days after treatment
- Do NOT peel, scrub, or pick at the treated area as it heals. It is normal for spots to turn dark brown or even black, and will begin to flake off after about 7-10 days.
- Avoid cosmetics for at least 2 days
- Sun exposure should be avoided completely and an SPF of at least 50 should be worn daily for 30 days

What is OK

- You may use a gentle soap free cleanser for the next week. Fresh Face Cleanser, Cerave, Cetaphil, La Roche Posay are great options.
- After cleansing we recommend moisturizing with Cicaplast Balm, but it is safe to use vaseline or aquaphor. If you use something other than these, please ask your provider if this is a good post care option.
- Phyto Corrective Gel, Hydro Plump serum, Needle Free serum, and Thermal spring water will also help keep the skin hydrated and comfortable.
- An SPF of 30 or higher is recommended for daily protection.

If you experience open sores, yellow crusting, blistering, prolonged redness, or suspect an infection, please call or text our office at 248-338-6400. Follow the instructions on the voicemail to reach the physician after hours.