



11638 Plaza America Drive  
Reston, VA 20190  
(571) 313-8962  
[MiraSpaandSalon.com](http://MiraSpaandSalon.com)

# BEFORE YOUR LUMECCA APPOINTMENT

We are so excited about your upcoming Lumecca treatment at Mira Spa + Salon. Before your appointment, we wanted to share some directions to ensure you have the best experience and prepare your skin for optimal results.

## Before your appointment

Please let your providers know prior to treatment if you have any of the following conditions that may make you unsuitable for LUMECCA treatments:

- Pregnancy or nursing.
- Under 18 years of age.
- Pacemaker or internal defibrillator or any electronic Implant such as glucose monitor.
- Permanent implant in the treated area, such as metal plates and screws, silicone implants, or an injected chemical substance.
- Current or history of cancer, especially skin cancer or pre-malignant moles.



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- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications.
- Severe concurrent conditions such as cardiac disorders, epilepsy, uncontrolled hypertension, and liver or kidney diseases.
- A history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area.
- Any active condition in the treatment area, such as sores, psoriasis, eczema, and rash as well as excessively/freshly tanned skin.
- History of skin disorders such as keloid scarring, abnormal wound healing, and very dry and fragile skin.
- Any medical condition that might impair skin healing.
- Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction.
- Any surgical, invasive, ablative procedure in the treatment area in the last 3 months or before complete healing.
- Superficial injection of biological fillers in the last 6 months or Botox in the last 2 weeks.
- Use of Isotretinoin (Accutane<sup>®</sup>) within 6 months before treatment



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- This is safe for Fitzpatrick 1-4.
- The possible side effects of the treatment including: local pain, skin redness (erythema), swelling (edema), damage to the natural skin texture (crust, blister, burn), change of skin pigmentation (hyper- or hypo-pigmentation), and scarring. Although these effects are rare and expected to be temporary, redness and swelling may last up to 3 weeks and are part of a normal reaction to the treatment. Burns and resulting pigmentation change and scarring are rare and may happen in dark skin that is not taken care of according to instructions. Tiny scabs appear on the face for a few days as part of normal healing, however, make-up may be applied as soon as 1-3 days after the session to mask them and residual redness. Any adverse reaction should be reported immediately.

## Pre-treatment

- Avoid any type of tanning 3-4 weeks prior to treatment or use at least 30 SPF sunblock.
- Avoid irritant topical agents for 2-3 days before treatment.
- Avoid anticoagulants for 7-10 days prior to treatment, if medically permitted. If using Hydroquinone, stop using it 7 days prior to treatment.



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- If using Lytera (or other non-hydroquinone brightening products) you do not need to stop using the product before treatment. Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Discontinue Accutane (or isotretinoin products) for 6 months prior and bring a doctor's note approving of the laser.
- If you have a history of fever blisters, notify our office immediately. Photosensitizing medications including doxycycline and minocycline should be discontinued three days before the treatment. Anticipate a social "downtime" up to 2-5 days before any redness, swelling, and sloughing of the sunspots have subsided.

## **Day of your Treatment:**

Come to your appointment with a clean face (sunscreen always); remove all makeup in area to be treated.



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## Post-Treatment

- You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours. Skin redness is normal and may last a few days. There may be a slight amount of swelling. Pigmented areas may begin to flake after a few days. Cold compresses may be useful for the first 24 hours. Your skin will need gentle care for 2-3 days; use gentle cleansers, do not rub the skin, and avoid hot water during this time.
- Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week. Makeup can be applied immediately if the skin is not broken; we recommend Jane Iredale Skin care based makeup. When inside AND outside, apply SPF 30 every time two hours (sunny or not) for a minimum of 2 weeks post-treatment. Avoid excessive heat or friction to the treated area (heavy exercise, saunas).
- Sunspots and age spots will DARKEN with the treatments BEFORE they begin to flake off. This is expected and a normal part of the process. Do NOT pick at or scrub these darkened spots for the first week. At week two you can use a MILD exfoliation rinse if you would like.
- Crusting or blistering is uncommon and not serious. If a blister or crusting develops, please call the office 571-313-8962.