



LED Light Pre Protocols

- ❖ Before each appointment, let the technician know if there have been changes in your medical history, medications or skin care products since consultation.
- ❖ The LED technology significantly enhances all other anti-aging treatments, it is a great add-on to other treatments.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes.
- ❖ The treatment is also safe for all types and colors of skin.
- ❖ No Accutane use within 12 months.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 2 - 4 weeks prior to this treatment or future treatments. (No sunburn) Wear 30+ sunscreen every day.
- ❖ Ensure that you are not on antibiotics currently nor have been in the past 4 weeks. Understand treatments cannot be done if you are on such medication.
- ❖ Stop using any active ingredients/photosensitive medications or products (such as Retinal, Hydroquinone or steroids) 7 days prior to the treatment. Please ask your prescribing physician prior to your appointment if you are unsure.
- ❖ Before the treatment begins, you will be given eye shields to wear to protect your eyes.



LED Light Post Protocols

Your face may be slightly flushed for a few hours. Age spots may be slightly darker these will fade over a few hours to a few days.

- ❖ After in-studio LED light therapy, you can return to your regular activities with one exception - stay out of the sun for several days and apply extra sunscreen.
- ❖ Using an anti-aging cream or serum after your light therapy session may speed up the results. For the best results, look for products containing peptides, retinol, vitamin C, or argan oil – only used post treatment not before.
- ❖ Side effects are rare, but may include increased inflammation, redness, and rashes.
- ❖ Keeping the skin hydrated after LED light therapy is essential so washing it with a gentle cleaner that will hydrate rather than dry it out is important. It is also advisable to use warm or cool water, but never hot.
- ❖ Please wait 7 days before resuming the use active ingredient/photosensitive medications/products like Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents, even a Clarisonic Brush or any others with these active ingredients.
- ❖ You will need to avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/during/in-between treatments to prevent burns and other complications.

Typical Acne LED protocols - 2-3 times weekly for 4-6 weeks.

Typical Anti-Aging LED protocols - 2-3 times weekly for 12-16 weeks.

Other LED treatment protocols - 1-2 times a week or as needed.

Then re-evaluate - Result varies. LED treatments may be used more often when appropriate and desired.