

## IPL PRE-TREATMENT

- Discontinue the use of any Retinols five days prior to treatment.
- No current antibiotic use within the last 2 weeks prior to treatment.
- Discontinue sun tanning and the use of self tanners for at least 2 weeks prior to treatment.
- Avoid direct sun exposure for 2 weeks prior to treatment. Use SPF 30 or greater.
- Remove makeup in the region to be treated.
- If you have a history of cold sores please let us know as we may opt to treat you to prevent an outbreak.
- Be aware that there is the possibility of coincidental hair loss when treating pigmented lesions in hair bearing areas. This hair loss may be temporary or permanent.
- Let us know if you have used hair dye in the 2 weeks prior to a IPL Photofacial to the face. There may be residual pigment in the skin near the hairline which can absorb laser energy.
- Wear sunscreen with broad spectrum UVA and UVB protection.

## IPL POST-TREATMENT

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/ or redness may accompany this, but it usually resolves in 2-3 days.

## IPL POST-TREATMENT

- Apply ice or cold packs to the treatment area for 10-15 minutes every hour for the next few hours, as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's recommendations.
- In some cases, prolonged redness or blistering may occur. An antibiotic ointment may be applied to the affected areas twice a day until healed.
- Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofa sponges until the treatment areas has returned to its pre-treatment condition.
- Until redness has completely resolved, avoid all of the following: Applying cosmetics to treated area; Swimming, especially in pools with chemicals; Hot tubs or Jacuzzis; Activities that cause excessive perspiration; Sun exposure to treated areas. Apply SPF 30 or greater sunscreen to prevent development of new pigmented lesions.

### FOR ACNE TREATMENT:

- There may be an initial flare-up of acne, similar to the kind seen after a peel procedure or the beginning of a new topical or oral acne medication.
- The acne blemishes will fade after about 2-3 weeks.
- A 40% reduction in the number of lesions and the prevention of new lesions formation can be expected following the treatment course.