



IPL (Intense Pulsed Light) PRE-TREATMENT INSTRUCTIONS

- Discontinue sun tanning and the use of self tanners for at least 2 weeks before treatment.
- Avoid direct sun exposure for 2 weeks before 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 (Intense Pulsed Light) POST-TREATMENT INSTRUCTIONS

- 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.
- 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.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.