



Intense Pulsed Light (IPL) Pre & Post Treatment

Care Instructions

Pre-Treatment Instructions:

- Avoid direct sun exposure for at least 4-6 weeks prior to treatment. Skin cannot be tan during treatment.
- Do not apply self-tanners or spray tans for 4 weeks before treatment.
- Avoid retinoids, topical acne medications, exfoliants, hydroquinone, and benzoyl peroxide 4 days prior to procedure.
- No waxing, depilatory creams or electrolysis 5-7 days prior.
- Tell your provider if you have a history of hyperpigmentation or autoimmune disease such as lupus.

Day of procedure:

- No lotions, makeup or other topical products on your face before your procedure.
- Arrive with clean washed skin.
- After your procedure your medical provider may apply a healing cream and sunscreen.
- You may apply mineral makeup immediately following and you may clean your face with a gentle cleanser before bed and apply _____.

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 this usually resolves in 2-3 days.
- Minor crusting or peeling of the skin is a common side effect. In rare cases blistering may occur. Aquaphor may be applied to the affected areas twice a day until healed and follow up with your provider.
- Keep the area clean. Wash gently and avoid scrubbing or use of exfoliants
- Avoid direct sun exposure for 2-3 weeks after treatment. If exposed to the sun, protect the treated areas with a full spectrum sun block of 30 SPF or higher, used regularly between treatments and after the treatment course is completed.
- Until redness has subsided, avoid: swimming- especially in pools with chemicals, hot tubs and Jacuzzis, and activities that cause excess perspiration.
- You may restart normal skincare regimen 4 days post procedure.

Provider Recommended Products:

Morning

- _____
- _____
- _____

Evening

- _____
- _____
- _____