



Intense Pulse Light (IPL) Treatment Guidelines

Pre-Treatment Instructions:

- Avoid direct sun exposure for at least 2 weeks prior to treatment. Skin cannot be tan during treatment as this will lead to an unwanted result.
- Do not apply self-tanners or spray tans for 2 weeks before treatment.
- Avoid retinols, Retin-A, topical acne medications, exfoliants, hydroquinone, and benzoyl peroxide 4 days prior to procedure.
- Tell your provider if you have a history of hyperpigmentation or autoimmune disease such as lupus.

Day of Treatment:

- 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 clean your face with a gentle cleanser and may want to apply a healing cream such as Cicalfate or Biafine

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.
- Mild peeling and brown pepper flake like lesions are 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.