



IPL PRE TREATMENT INSTRUCTIONS

1. Prior to the treatment, clean the treatment area. The treatment area should be free of any makeup, creams, perfumes and lotions. Male patients should shave just prior to treatment (the pigment in your beard could increase discomfort)
2. Discontinue sun tanning, use of tanning beds and any application of sunless tanning products at LEAST one month before treatment. If unavoidable sun exposure occurs, resulting in redness or tanning of the skin, contact your laser technician for advice on how to best proceed with your treatments.
3. Always use an SPF 30 or greater on all exposed treatment areas. Wear sun protective hats and clothing.
4. Discontinue the use of exfoliating creams 1 week prior to the treatment
5. If patient has history of cold sore outbreaks in the area being treated, a prescribed medication like Valacyclovir, is highly recommended for one week prior to the treatment for prevention.
6. Discontinue use of prescribed Vitamin A (retinols, etc) one week prior to treatment.

IPL POST TREATMENT INSTRUCTIONS

1. You may have a mild sunburn sensation following treatment that usually subsides within a few hours. Skin redness, mild bruising and /or slight edema (swelling) are not uncommon and may last a few days. Cool compresses (not ice) are helpful during this time. You may take over-the-counter anti-inflammatory medication (such as ibuprofen) if desired.
2. **Sun exposure is not recommended!** If sun exposure is unavoidable, you should use sunblock (SPF 30 or greater), protective clothing and hat, etc for **4-6 weeks** following your treatment. This is especially important if you are having a series of treatments as sun exposure increases the risk of complications and can delay treatments.
3. Your skin will be fragile for 2-3 days. Use gentle cleansers twice daily and pat dry.
Do not rub, scrub or pick the skin in treated areas.
4. An over-the-counter antibiotic ointment (such as Polysporin) may be used if there are small blisters or irritation. Itching or irritation may be improved with a light application of an over the counter hydrocortisone cream such as Cortaid.
5. Avoid heat or hot water while bathing until sensitivity resolves.
6. Pigmented areas may begin to flake after a few days. If exfoliation is desired, skin soaks with gauze and 1 Tablespoon vinegar in 1 cup water may be used to aid in exfoliation but DO NOT scrub or pick the treated area. Do not use any chemicals, acids or medications on the treated area for one week. (other than those referred to in these instructions or by your provider)
7. Please call our office if you experience blistering, scabbing, pigment changes or other concerns. Most side effects, if treated early, will help to avoid complications.