



IPL (INTENSE PULSED LIGHT) PHOTOFACIAL PRE/POST CARE INSTRUCTIONS

WHO IS A CANDIDATE for IPL?

Clients with light skin or light tan skin who would like to diminish unwanted brown spots or red spots and to improve skin texture and stimulate collagen. Clients who have been on a photosensitizing medication in the past 2 weeks are not candidates.

Clients who have immunosuppression such as cancer treatment or medications for autoimmune conditions are not candidates. Clients on Accutane in the last 6-12 months are not candidates. Clients who are on anticoagulants such as Coumadin or newer agents need evaluated and are often not candidates. Clients who have a history of melanoma or who have raised moles, suspicious lesions, keloid scar formation, healing problems, active infections, open lesions, hives, herpetic lesions, cold sores, tattoos, or permanent make up in the area of treatment are not candidates. Clients who have been on St John's wort in the past year or who have recent tetracycline or doxycycline use or who are pregnant or trying to become pregnant or nursing are also not candidates.

PRE-CARE

- Avoid sun exposure for 2 weeks prior to treatment and use SPF 30+ daily to ensure coverage against UVA and UVB rays.
- Do not use self-tanning products for 2 weeks prior to and/or post treatment.
- Discontinue use of Retinoid products (Retinol, Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) 7 or more days prior to treatment.
- Discontinue use of products containing glycolic acid, salicylic acid and other alpha hydroxy acids at least 5 days prior to your treatment.
- Many medications cause sun sensitivity and will also make your skin more sensitive to the IPL. For your safety please, disclose any medications that you are taking when you make the appointment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication at least a day prior to your treatment. Continue this for 7 days***
- Notify our office if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

PLEASE, ARRIVE TO YOUR APPOINTMENT WITH CLEAN SKIN, NO MAKEUP, OILS, LOTIONS, CREAMS, OR PERFUMES.

POST CARE

- Immediately after treatment, there may be mild redness in the treated areas similar to the feeling of a sunburn, which can last from several hours to 2 days. With rosacea or diffuse redness there can be periorbital swelling, and sometimes it is severe.
- Pigmented lesions (brown spots or "age spots") typically become darker as the pigment is lifted to skin's surface. The darker pigment has a coffee ground appearance and usually sloughs off after 1-2 weeks. Treat the skin gently, and do not pick or rub or scratch it, as picking or scrubbing lead to pigment irregularities including scarring or infection of the skin!
- Gently cleanse the area twice a day with a gentle cleanser using tepid water only. Apply a soothing moisturizer as needed.
- If it stings or bothers you you may apply hydrocortisone cream several times a day for a few days. If the area is open, antibiotic ointment over the hydrocortisone cream.
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. If you need to be out in the sun, use physical protection by wearing a hat and sunglasses as well as full spectrum sun block 30-50+ SPF.
- Avoid swimming, hot tubs, saunas, hot yoga, or high heat environments for several days following your treatment, or as long as skin is affected
- Subsequent treatment sessions should be 4 weeks apart
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary.

Please, call our office if you have ANY questions or concerns or develop any open areas 206-714-4476