



Intense Pulsed Light (IPL) Pre and Post-Treatment Instructions

I understand that failure to carefully follow the instructions below may affect my treatment outcome and increase the likelihood or severity of complications. I agree to review and adhere to these instructions prior to each appointment.

Prior to Your Appointment

- Avoid sun tanning for at least 2 weeks prior to treatments, and self-tanning creams for at least 1 week prior to treatments.
- Do not use any medication that causes photosensitivity for at least 72 hours prior to treatments. If you are taking a medication that causes photosensitivity, please contact your prescribing physician to discuss your options.
- Do not use Accutane (or products containing Isotretinoin) for at least 6 months prior to treatments. Use of Retin-A (or products containing Tretinoin) is acceptable up to 5 days prior to treatments, provided there is no skin reaction present.
- It is recommended to avoid the use of aspirin, ibuprofen, or other blood thinning medication at least 3 days prior to treatments, as these will increase the likelihood of bruising.
- The treatment area must be free of any open sores, lesions or skin infections. For treatments of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer, or if you have these concerns.

On The Day of Your Appointment

- Shave any hair present in the area to be treated. Men should shave the beard area twice in succession in order to ensure as close a shave as possible.
- Gently wash the area to be treated, removing makeup, lotion, etc. Do not apply creams, lotions, or other products to the area except a topical anesthetic (if being used).
- If you have elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use.



After Your Treatment

- You will have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild bruising and/or slight edema (swelling) is normal and may last a few days. Pigmented areas may begin to flake after a few days.
- Cold compresses (not ice) and recommended skin care products may be useful in reducing swelling or discomfort. You may take over the counter pain or anti-inflammatory medication. Hydrocortisone (steroid) cream may decrease any itching or skin irritation. Neosporin (antibiotic ointment) may be used if the skin is broken, to prevent infection.
- While blistering is not common, when it occurs it is generally not serious. In the rare case you experience any blistering or scabbing, please call us as soon as possible.
- Your skin will be fragile for 2 to 3 days. Use gentle cleansers, but do not rub the skin vigorously and avoid hot water during this time. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- It is highly important to avoid sun exposure and tanning creams between treatments. Use SPF 35 or greater on the treatment area at all times.
- The treatment area may be left open and uncovered with no bandage or special dressing required. Do not scrub or exfoliate the area. Do not use any new products on the treatment area without first consulting your physician.
- Contact us if you experience persistent or unusual redness, prolonged swelling or drainage, as antibiotics may be necessary. If any pigment changes are bothersome or persist beyond 4 weeks, please discuss with your physician.