

INTENSE PULSED LIGHT (IPL) Pre & Post Care

BEFORE YOUR APPOINTMENT

- It is imperative that you avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment. This is a must and no exceptions will be made.
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the practitioner if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Avoid alcohol for 2 days prior to treatment.
- Inform the practitioner if you have taken Accutane (oral acne medication) in the past year.
- Store ice packs in your freezer for use after your procedure.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
- Allow 45-90 minutes for your appointment depending on the size of the treatment area.
- Pre-treatment photos will be taken.
- Just prior to treatment, you will be given eye shields to wear to protect your eyes.

INTENSE PULSED LIGHT (IPL) TREATMENT: WHAT TO DO AFTER YOUR TREATMENT

- Expect your skin to appear pink (resembling mild sunburn) for a few hours after treatment.
- You will be given a cool compress to apply after treatment.
- Make-up may be applied to cover redness as needed but if avoidable that would be best.

WHAT TO EXPECT

- Your skin may be temperature sensitive for several days after treatment.
- Brown spots and freckles will appear darker while healing.
- It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve an optimum result.
- The sessions are designed to provide no downtime, however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
- Sleeping with your head elevated for the first night will also help decrease any swelling you may experience.
- Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

AFTER CARE

- Use mild cleansers and moisturizers.
- Avoid Aspirin, Ibuprofen, alcohol, heavy exertion and activities which may cause flushing for 2 days after treatment
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4 -6 weeks after your treatment.
- Anticipate some social down-time following your treatment.

MAXIMIZING BENEFITS OF YOUR TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.