



## IPL • INTENSE PULSED LIGHT

*IPL is intended for Fitzpatrick skin types 1-3 for the treatment of red and brown pigment such as: broken capillaries, rosacea, and sun damage.*

### PRE-TREATMENT INSTRUCTIONS

*Accutane must be discontinued for at least six months prior to treatment.*

Avoid sun exposure for 2 weeks. This includes sunless tanning creams. We will not be able to perform your treatment if you are tanned.

Stop retinols 7 days before your procedure.

If you're prone to cold sores, we may prescribe a prophylactic antiviral to prevent an outbreak.

On the day of treatment, arrive with a clean face, without makeup or tinted products. If there is hair in the treatment area, please shave closely.

Topical numbing cream is available on an individual basis. It is generally not needed.

If you're prone to cold sores, we may prescribe a prophylactic antiviral to prevent an outbreak.

### POST-TREATMENT INSTRUCTIONS

#### **24 Hours:**

Aloe gel or a cool compress will be applied following your treatment. You may continue to apply this evening if desired.

May resume gentle cleansers, moisturizers, SPF, and cosmetics same day.

Redness and swelling generally decrease within 24 hours. Some may experience more severe swelling, which is considered normal. An antihistamine may be taken if needed.

While crusting or mild blistering is uncommon, it is generally not serious if it occurs. You may use Aquaphor or Bacitracin for crusting.

#### **7 Days:**

Hyperpigmented areas will become darker and flaky before sloughing off. They may be dry, raised or speckled. This usually takes approximately 7-10 days for face and up to 3 weeks for chest and other areas. Do not pick.

You may resume retinols and other active products in 7 days.

Avoid sun exposure at least 2 weeks post procedure. Use sunscreen daily.

Standard practice is three treatments spaced one month apart, followed by a singular maintenance treatment once per year. This may fluctuate based on the severity of your condition, genetics, and sun exposure.