



PRE AND POST TREATMENT INSTRUCTIONS INTENSE PULSED LIGHT (IPL) FOR BRUISING

PRE-TREATMENT

- ❖ When booking your IPL treatment, please keep in mind the possibility of redness, darkening of spots, and peeling in the area after the treatment. These normal side effects are usually mild and should resolve within a week.
- ❖ When IPL is used to treat bruising, it is meant to help accelerate healing/clearing of the bruise and reduce its duration. It will not erase the bruise immediately and it may still take a few days for the bruise to disappear. The bruise may even get darker before it goes away so please consider this when booking your treatment.
- ❖ When using IPL to treat bruising, it is important that the bruise is treated within 48 hours of the bruise forming or it may not only be ineffective but may make the bruise worse.
- ❖ If you have had direct sun or any form of tanning (including self-tanner or spray tans) on the treatment area within 2 weeks, the IPL treatment cannot be performed.
- ❖ If you have a history of facial cold sores in/near the area to be treated, please notify us so we may provide you with a prescription for antiviral medication. IPL cannot be performed on/near an active cold sore.
- ❖ It is important to wait at least 4 weeks after the IPL treatment and until the bruise has completely resolved before getting other treatments on the same area.

TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams and lotions.

POST TREATMENT

- ❖ If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- ❖ You may have a mild stinging/sunburn-like sensation after the treatment that will last a few hours.
- ❖ Keep the area clean and avoid makeup on the area for the rest of the day.
- ❖ The skin in the treatment area may be fragile for 2-3 days. Avoid using exfoliants, retinols, alpha/beta hydroxy acids, or topical Vitamin C products. Do not use any mechanical devices (i.e. Clarisonic) or washcloths to wash your face. Only use your hands.
- ❖ Pigmented spots (brown spots) in/near the area treated with IPL may get darker after treatment and then gradually flake off over the next week. Do not pick, scratch, or attempt to remove the brown spots as they flake off. This may result in scarring and infection. Allow the skin to flake off naturally.
- ❖ Avoid direct sun exposure for 2 weeks post treatment and wear a large brimmed hat and minimum 50 SPF whenever going outside for at least 2 weeks. Bruises should always be kept out of the sun.
- ❖ For 48 hours, avoid heat and activities that produce excessive perspiration.
- ❖ Please wait at least 1 week to assess results from the IPL treatment. You should see significant improvement in the bruise or complete resolution by this time.

If you have any questions or concerns, please do not hesitate to contact our office at **727.518.7100**

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