



PRE AND POST TREATMENT INSTRUCTIONS

INTENSE PULSED LIGHT (IPL)

PRE-TREATMENT

- ❖ When booking your IPL treatment, please keep in mind the possibility of redness, blotchiness, darkening of spots, bruising, swelling, flaking, and peeling after the treatment. These normal side effects can appear immediately after treatment and usually take 3-10 days to resolve for the face and up to 3 weeks for the neck and chest.
- ❖ Avoid direct sun and all forms of tanning (including self-tanner or spray tans) on the treatment area for 2 weeks before and after your IPL treatment. This is very important. Please plan accordingly.
- ❖ Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ If your face will be treated and you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment. The IPL treatment cannot be performed on your face if you have an active cold sore.
- ❖ Best results are achieved when the skin is well hydrated at the time of treatment. For this reason, it is strongly advised that you prepare your skin for treatment using the skin care products listed below for 14 days prior to treatment:
 - iS Clinical Hydra-Cool Serum (AM and PM)
 - Essential Defense Broad Spectrum Sunscreen
- ❖ For patients who may have an increased risk of (PIH) post-inflammatory hyperpigmentation (or darkening of the skin) post treatment, it is **STRONGLY ADVISED** that the skin care products below are used as instructed for a full 14 days prior to treatment. If you are a high-risk patient for PIH (darker skin types, history of hyperpigmentation) then you are **REQUIRED** to use these skin care products to pre-treat your skin for 4 weeks prior to each treatment.
 - iS Clinical Brightening Complex
 - Essential Defense Broad Spectrum Sunscreen

Please see consultation form or consult your provider to determine if pretreating with iS Clinical Brightening Complex is required for your treatment
- ❖ It is important that you are in good health at the time of your treatment to ensure your body has a healthy healing response after the treatment. Healthy healing is important for your safety (i.e. to minimize infection) and to ensure good results.
- ❖ It is important to wait at least 4 weeks after an IPL treatment and until any redness, swelling and/or peeling have completely resolved before getting other treatments on the same area. When getting an IPL treatment *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the IPL treatment.
- ❖ Anticipate seeing some results right away and complete results over 3-6 months after your final IPL treatment. Multiple treatments are often required to achieve desired results.

TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams and lotions.
- ❖ Please dress so that you may comfortably and modestly expose the treatment area, when applicable (i.e. neck, chest).

CONTINUED ON BACK

POST TREATMENT

- ❖ If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- ❖ Please the treated area clean and do not apply makeup to the skin for the rest of the day following treatment. Tinted sunblock may safely be used starting the day after treatment. Clean makeup (using clean makeup tools) may be applied the next day unless the skin is peeling or any open skin or scabs are present, then makeup should be avoided.
- ❖ A cold compress or an ice pack can be used to provide comfort and minimize swelling. This is typically only needed within the first 12-24 hours of the treatment.
- ❖ Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical Vitamin C products for at least a week after the treatment. Do not use any mechanical devices (i.e. Clarisonic), facial scrubs, or washcloths on the treated area - only wash the area with your hands - for at least a week.
- ❖ Pigmented areas (brown spots) will get darker immediately after the treatment and may continue to darken for 2-3 days and then gradually flake off. For the face, this process usually takes 7-10 days. For areas off the face such as neck and chest, it can take up to 3 weeks for the brown spots to flake off. Do not pick, scratch, scrub or attempt to help remove the brown spots as they flake off. This may result in scarring and infection. Allow the skin to flake off naturally.
- ❖ Acetaminophen/Tylenol may be taken if needed to relieve any discomfort, however, NSAIDs and anti-inflammatories, including but not limited to Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, and Turmeric, should be avoided for 1-week post treatment to ensure optimal healing/results. Consult with your physician prior to discontinuing any medication. Even if you are unable to discontinue the medications/supplements listed, the treatment will still be safe and effective.
- ❖ The products below should be used following your treatment:
 - Days 1-7**
 - SkinMedica Facial Cleanser
 - SkinMedica Restorative Ointment
 - SkinMedica Post Procedure Repair Complex
 - SkinMedica TNS Ceramide Treatment Cream
 - SkinMedica Essential Defense Broad Spectrum Sunscreen
 - Suggested Optional Add-On: Skinmedica TNS Advance +
 -
- ❖ Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical Vitamin C products for at least a week after the treatment. Do not use any mechanical cleaning devices (i.e. Clarisonic), facial scrubs or washcloths on the treated area - only wash the area with your hands – for at least a week.
- ❖ Avoid direct sun exposure and wear a large-brimmed hat and minimum 50 SPF for at least 2 weeks post treatment. This is important to ensure proper healing and to minimize chances of scarring.
- ❖ No sweaty exercise or exposing the treated skin to hot water, steam, pools, the ocean, hot tubs or saunas for 48 hours post treatment.
- ❖ Please schedule your follow-up appointment 90 days after your final treatment to assess results and determine whether additional treatments are needed.

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

Revised 09/12/2022