

## Intense Pulsed Light (IPL) Pre & Post Instructions

IPL improves or reduces the appearance of telangiectasia, spider veins, angiomas, age spots, freckles, uneven pigmentation, non-dynamic fine lines, enlarged pore size, and textural irregularity. We recommend 5-6 treatments every 3-4 weeks, plus maintenance as your clinician prescribes. Treatment duration is 30 minutes to 1 hour.

### Pre-Treatment Instructions:

- Avoid skin irritation or skin tanning. Apply sunscreen (UVA/UVB SPF 30 or higher) daily.
- Discontinue any irritant topical agents 3-7 days before treatment.
- Discontinue Isotretinoin 6 months prior to treatment.
- On the day of treatment, do not use lotion, make-up, perfume, powder, bath/shower oil in the area to be treated.
- Notify your provider if you have a history of permanent implants in treated area, skin cancer, impaired immune system, severe concurrent medical conditions, HSV, skin disorder such as abnormal wound healing or keloids, or recent surgery or treatments in the planned treatment area.

### Post-Treatment Instructions:

- Use sunblock (UVA/UVB SPF 30 or higher) and avoid sun tanning in treated areas. No tanning beds.
- Some redness and swelling in the treatment area is expected. You may use a cold compress to reduce symptoms.
- Avoid chemical or mechanical irritants for 3-7 days after treatment.
- Wash gently and do not use abrasive products in treated areas for 3 days.
- Do not take a hot bath, sauna, or hot tub, or expose the treated area to heat for 3 days.
- If scabbing or crusting occurs, do not scratch or remove.
- Fillers or other injectables should not be done within 1-2 weeks before and after IPL treatment.

### Possible Side Effects:

- Temporary discomfort or pain during treatment
- Warmth or tingling
- Temporary redness and swelling in the treatment area
- Superficial crusting, scabbing, and blistering in the treatment area
- Temporary “darkening” of pigmented lesions before becoming lighter
- Temporary or permanent (rare) discoloration

Please contact our office with questions before or after your treatment.