

Intense Pulse Light (IPL) Photorejuvenation Pre & Post Instructions

Intense Pulsed Light (IPL) is a bright light device used for the treatment of benign skin conditions. The purpose of IPL Photorejuvenation procedures is to improve the appearance of broken capillaries, redness, age spots and irregular pigmentation. Treatments usually consist of a series of 4-6 treatments every 4-6 weeks. Patients who tend to sunburn rather than tan usually obtain good results on the first and subsequent visits. However, patients that tan more easily tend to have more variation in their results. Clinical results will vary from patient to patient.

You may feel a slight sting like the snapping of a small rubber band during the treatment. Most individuals tolerate this very well. Treatment times vary depending on the areas treated.

Pre-Treatment

- Stop the following products at least **2 weeks prior** to your treatment: retinols, aspirin containing products, green tea, fish oil, Vitamin E, St John's Wort, and Ginkgo.
- Avoid Accutane for at least **6 months** prior to your treatment, Avoid Chemical peels **2 weeks** prior to your treatment and Avoid waxing **1 week** prior to your treatment
- Avoid tanning **4 weeks** before your treatment, this includes tanning creams. You **must** have your normal skin color or your treatment may be rescheduled.
- Clients with a cold sore history should consult with their physician prior to your treatment. If you have a history of herpes virus infections around the treatment area medications maybe necessary before and after your treatment.
- Not indicated for patients who are pregnant.

Post Treatment

- Following your treatment, your skin may feel a little warm or swollen; ice or cold compresses may be applied.
- Pigmented areas may begin to flake after a few days. This is normal and expected.
- Do not pick or scratch the treated area. This can cause serious complications.
- If bruising occurs though rare this may take 7-14 days to fade. You may use a concealer to help cover up any bruising.
- You may take over the counter pain medication or anti-inflammatory medications as needed.
- If you experience redness, swelling or itching you may use over the counter Zyrtec, Claritin or Benadryl.
- For 5 days after your treatment use only a gentle cleanser. You may return to your normal skin care program on day 6 unless otherwise instructed.
- Avoid the sun and use a sun block that has a SPF of at least 30 with UVA and UVB protection. Do not use sunless tanning lotions or tan for **4 weeks** after your procedure.
- Avoid retinols for at least 5 days after your treatment.
- Avoid Laser hair removal, Chemical Peels and waxing for **2 weeks** after your treatment.

Post treatment skin care instructions **MUST** be followed to prevent any complications. Please contact the office if you experience any blistering or scabbing or have any questions concerning your treatment.